

## HOW A POLICE OFFICER CAN DEAL WITH POST-TRAUMATIC STRESS DISORDER

By: Stan Popovich



Are you a police officer who is secretly struggling with Post-Traumatic Stress Disorder (PTSD)? A police officer can be exposed to many terrifying images and events that can trigger PTSD. Unfortunately, many police officers suffer in silence without getting the proper treatment to overcome PTSD.

**As a result, here are 7 helpful tips on how to help a fellow police officer who is struggling with this fear related disorder.**

- 1. Learn As Much As You Can In Dealing With PTSD:** There are many books and information that will educate you on how to deal with PTSD and other mental health issues. Educating yourself and others about how to recognize PTSD and how to overcome it is very important in one's recovery.
- 2. Getting Help Is Not A Sign Of Weakness:** Some people may think that getting help is a sign of weakness. In this case, this kind of thinking is flawed. There is nothing wrong in getting assistance to help deal with your personal issues. The truth of the matter is that everybody learns something new on a daily basis. Learning how to manage PTSD is no different. Your main goal should be to find the ways to get your life back on track and not worry about what others may think.
- 3. Find A Local PTSD Group:** It is important that the person who is struggling join a local PTSD support group so they can get advice from others who are dealing with these same issues. Many people who are struggling with PTSD will be better able to relate to others who may have similar experiences and insights.
- 4. Dealing With The Bad Dreams:** Many police officers may get nightmares regarding past events related to their job. It is not easy to stop the nightmares, but you can start to reduce the frequency of these bad dreams by talking to a PTSD counselor on a regular basis. Talking to a PTSD counselor is the first step in reducing your nightmares.
- 5. Know where to get help: Contact your doctor or primary care physician in finding a PTSD counselor in your area. A person can also go to their local hospital or mental health community center to find people to talk to about your PTSD issues.**
- 6. The worst thing you can do is to do nothing. Do not wait until it is too late:** To this day, there are people who ended their life because they didn't get the help they needed to manage their mental health issues. Do not let fear stop you from getting treatment.
- 7. Your situation is not hopeless:** There are many avenues a person can take to get their life back on track from PTSD. The key is to make the decision that you will do what it takes to overcome your fear related issues. Every problem has a solution. You just have to make the effort to find the answers.

*Stan Popovich is the author of "A Layman's Guide to Managing Fear". For more information about Stan and to get some more free mental health advice, visit Stan's website at <http://www.managingfear.com/>*