

# Texas Department of Public Safety

## Victim and Employee Support Services



### Who We Are

The Victim and Employee Support Services (VESS) mission is to provide specialized resources for preventing, responding to, and resolving crime-related, work-related, and personal acute or cumulative stress for victims of crime, department employees, and other law enforcement agency personnel.

Victim and Employee Support Services coordinate and/or directly provide a state-wide comprehensive program of services to employees, families, victims of crime, and affected communities at no cost.

### Suggestions for Helping Yourself Through Grief

#### Take care of yourself

It is important to get adequate rest and eat balanced meals. Helpful tips include limiting caffeine, going to bed earlier, decreasing junk food, and increasing movement. Try reading books, taking a hot bath, journaling, or volunteering.

#### Give yourself permission to grieve

Grief can bring on many emotions such as anger, irritability, or sadness. Everyone grieves differently. Be patient with yourself and others during this period. Give yourself permission to express your feelings in a healthy way.

#### Seek support

Ask for help from your support system and seek the help of a counselor or clergy member. During this time, try socializing with friends, and telling stories about your loved one.

### Resources

#### Hotlines

- National Suicide Prevention Hotline: 988
- Veterans Crisis Line: 988, then press 1
- Nacional de Prevencion del Suicidio: 988, then press 2
- Crisis Text Line: Text HOME to 741741
- Cop Line: 800-267-5463
- Safe Call Now: 206-459-320
- Cop 2 Cop: 866-267-2267
- The Hero's Help Line: 833-367-8639
- Frontline Strong: 760-709-2616

#### Community Resources

- **Concerns of Police Survivors (C.O.P.S)** - Provides assistance to surviving families of law enforcement officers who have died in the line of duty.
- **Thin Blue Line Foundation** - Provides short-term financial support scholarships, and online resources.
- **National Police Wives Association** - Supports the spouses through resources and outreach programs.
- **First Responders Children Foundation** - Provides financial support to children who have lost a parent in the line of duty.
- **Texas Fallen Officer Foundation (F.O.F)** - Provides and aid and assistance to surviving families and officers,
- **The Stephen Siller Tunnel to Towers Foundation** - Aims to pay off mortgages of fallen officers.

#### Grief Support Services

- Griefshare.com
- Compassionatefriends.org
- Healgrief.org
- Centerforloss.com

