

**CALL US AT
704-554-9900**

***Please identify yourself as a
FOP Lodge 9 member or dependent.***

VISIT OUR WEBSITE AT: presbypsych.org

**PRESBY PSYCH PROGRAM FOR
FOP LODGE 9 MEMBERS & DEPENDENTS**

Six No Charge Sessions

Six psychotherapy sessions provided at no charge

Insurance

**After six sessions, you may use your insurance
or apply for a net income-based
sliding scale fee.**

Aetna

Blue Cross/Blue Shield

Carolina Behavioral Health Alliance

Cigna

United Health Care

Income-Based Sliding Scale Fees

Main Office

5203 Sharon Road
Charlotte, NC 28210

Park Road Office

3200 Park Road
Charlotte, NC 28209

**All services are
private and confidential.**

**YOU are our client,
NOT your law enforcement agency.**

"Receiving specialized trauma treatment from an experienced clinician can make a huge difference..... These clinicians typically demonstrate the compassion, empathy, patience, and understanding that can make for a holistic and transformative treatment experience."- PoliceOne.com

**OUR CLINICIANS ARE PREPARED
TO WORK WITH
LAW ENFORCEMENT PERSONNEL
&
DEPENDENTS**

We are honored to serve officers, communications personnel and their dependents.

We are not scared of the stories you may tell us and we can help you bear them more easily and understand their impact on you as we work with you.

Our staff is trained to work with first responders, their dependents, and with individuals experiencing direct or indirect trauma.

*Presbyterian Psychological
Services welcomes individuals of all
ages, genders, races, ethnicities,
faiths or no faith, and sexual
orientations.*



*An Accessible
Trauma Informed
Mental Health Resource*

**FOP
LODGE 9
MEMBERS
&
DEPENDENTS**



WHY LAW ENFORCEMENT PERSONNEL?

Police officers have higher rates of PTSD than in the general population.

"Policing is a psychologically stressful work environment filled with danger, high demands, ambiguity in work encounters, human misery and exposure to death." (Science Daily).

Trauma is cumulative for law enforcement personnel and stress symptoms build up over time.

"They see abused kids, they see dead bodies, they see horrible traffic accidents. And what that means is that the traumatic events and stressful events kind of build on one another..." (National Institute of Justice)

Stress can lead to using alcohol and/or drugs as to cope. It's understandable but usually only worsens things.

"Many drugs slow down a mind pushed to the limit by stress, worry, and trauma. ... The underlying trauma has not been healed," so, "drugs rarely work as long-term solutions." (American Addiction Centers).

911 operators and dispatchers also experience mental health symptoms because of their work.

They, "are often exposed to duty-related trauma, placing them at increased risk for developing stress, anxiety, depression, and post-traumatic stress disorder." (Preshospital and Disaster Medicine).

WHY A LAW ENFORCEMENT SPOUSE/PARTNER OR CHILD?

"Law enforcement is a high stress job that takes a toll on the officer and on their partner/spouse and children.

"Many of the sources of stress for law enforcement officers end up affecting the people closest to them." (National Institute of Justice)

Stress on police may be increased by negative media attention. Partners and children may be subject to insults and jibes about their loved one's job.

"Spousal stress can also result from media criticism of police actions, an apparent rise in violence against law enforcement officers, and the fear of the ever-present dangers their officer partner faces on duty." (Public Safety)

Partners/children of police officers may be stressed from worrying about the safety of their loved one.

"There is a correlation between an officer's burnout and a spouse's/partner's degree of burnout." Journal of Organizational Behavior.

In addition to mental health stressors directly related to being in a law enforcement family, the partners or spouses and children of police personnel can have the same kinds of anxiety and depression that affect other individuals. Seeking help for mental health issues is a strength and we are ready to welcome you and to hear your stories and those of your children.

PRESBY PSYCH MENTAL HEALTH SERVICES

Alcohol, Substance Abuse Post-Acute Recovery
Child & Adolescent Services
Diagnosis
Parent Counseling & Education
Play Therapy
Psychoeducation
Talk Therapy
Couples Counseling
Couples Therapy
Divorce Counseling
Premarital, Pre-Remarital & Pre-Cohabitation Counseling
Recoupling & Blended Families
Culturally Sensitive Psychotherapy for African Americans
Immigrants & Refugees
Law Enforcement Personnel & Dependents
LGBTQ Community
Eating Disorders/Emotional Eating
Family Therapy
Pastoral Counseling
Psychoanalysis
Psychotherapy
Spiritually Integrative Psychotherapy
Trauma Informed Therapy
Bullying
Catastrophic Loss
Crime Victims
Domestic Violence
Emotional Abuse/Neglect
First Responders
Gender Bullying
Physical Abuse/Neglect
Racism
Rape/Sexual Abuse/Sexual Assault
Sexual Orientation Bullying