



**Assist the Officer**  
FOUNDATION

# Confidential Counseling Program

Stress, anxiety and depression don't have to control your life. The Foundation offers a program designed exclusively to meet the special needs of police officers. Most important, the program is confidential. If you're a Dallas police officer, all you need to do to get help is simply call one of the counselors listed below directly. No hassles, no questions from us, just immediate confidential support.

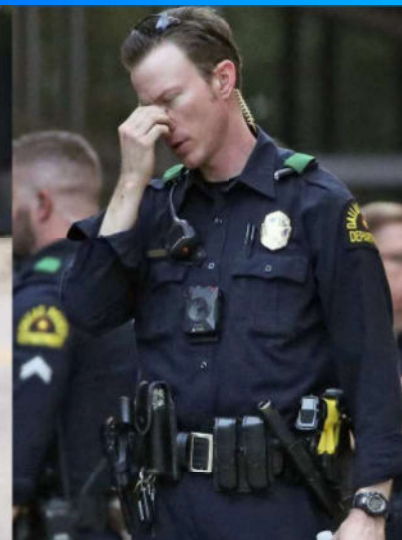
**“In 2017, there were at least 103 firefighter suicides and 140 police officer suicides nationwide. In contrast, 93 firefighters and 129 officers died in the line of duty. Suicide is a result of mental illness, including depression and PTSD, which stems from constant exposure to death and destruction.”**

*From The Ruderman White Paper on Mental Health and Suicide of First Responders, April 2018*



## Facts and Figures

	FY2022	FY2021	FY2020	FY2019	FY2018	FY2017
<b>Total Appts</b>	1269	1092.5	807	1197.5	1234.5	438
<b>Officers Served</b>	304	177	142	194	188	82
<b>% Officers Multiple Appts</b>	93%	88%	85%	89%	87%	51%
<b>Avg Appts Per Officer</b>	4.17	6.17	5.68	6.17	6.57	5.34
<b>Avg Cost Per Officer</b>	\$603.81	\$580.62	\$435.88	\$522.96	\$576.98	\$449.27
<b>Total Cost</b>	\$183,559.00	\$107,822.00	\$61,895.00	\$101,455.00	\$108,472.00	\$36,840.00



[www.atodallas.org](http://www.atodallas.org) - [ato@dallaspa.org](mailto:ato@dallaspa.org)