Hope for Cops

Law Enforcement Resources — Survival Kit

In immediate danger: call 911 (U.S. and Canada). **Thinking about suicide or in crisis: call or text 988** (U.S.) or **9-8-8** (Canada).

Details below were verified from each organization's website on Nov 8, 2026 and may change. Please check the website before relying on them. Listing is for information only and is not an endorsement or partnership. Hope for Cops is not a crisis service.

National crisis lines (everyone)

988 Suicide & Crisis Lifeline Crisis · United States	Call or text 988. Available 24/7. 988lifeline.org
9-8-8: Suicide Crisis Helpline Crisis · Canada	Call or text 9-8-8, 24 hours a day, every day. If your safety is at risk, call 9-1-1. 988.ca
Emergency U.S. & Canada	911

United States — law enforcement supports

COPLINE Peer listening hotline	For current and former law enforcement personnel and their families; answered by trained retired officers. Described by COPLINE as 24/7 and confidential, with stated exceptions (e.g., credible threat of harm to others, suspected child or elder abuse). Call 1-800-267-5463. copline.org
Safe Call Now Crisis line	24/7 crisis line for first responders, as described by its partner Serve & Protect (Safe Call Now's own site was unavailable when checked). Call 1-206-459-3020. Source: serveprotect.org/get-help-now
Serve & Protect Peer support & referrals	Peer support and referrals to trauma therapists and chaplains for police, other first responders, spouses and families. 615-373-8000 is a business line, not a crisis line. serveprotect.org
Concerns of Police Survivors (C.O.P.S.) Survivor support	For families and co-workers of officers who died in the line of duty. No membership fee. 573-346-4911. concernsofpolicesurvivors.org

Canada — law enforcement supports

Boots on the Ground Anonymous peer support · Ontario	Helpline answered by first responders for serving or retired, sworn or civilian police and other first responders. Not therapists. 24/7: 1-833-677-2668. bootsontheground.ca

PSPNET Online therapy (ICBT)	Free, confidential internet-delivered cognitive behavioural therapy for current or former public safety personnel 18+, including police, plus a course for spouses. Availability varies by province; check the website for current eligibility. Not a crisis service. pspnet.ca

Christian fellowships for peace officers

FCPO Canada (formerly CFCPO) Fellowship	Fellowship of Christian Peace Officers – Canada. fcpocanada.com
FCPO USA Fellowship	Fellowship of Christian Peace Officers–USA, local chapters across the U.S. fcpo.org

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