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The Effects of Stress on Law Enforcement and Effective Interventions

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The Effects of Stress on Law Enforcement and Effective Interventions

Allison Jean

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GRADUATE STUDIES
Granite State College
UNIVERSITY SYSTEM OF NEW HAMPSHIRE

Stressors

- Organizational
- Occupational
- Personal



<http://www.hampton.lib.nh.us/hampton/images/police/maloneyfuneraldignitariesHU20120420.jpg>

Symptoms

- **Minor symptoms:** stomach aches, headaches, fatigue and irritability
- **Severe Symptoms:** Suicide, drug and alcohol abuse, withdrawn from family and friends

Interventions

- **Primary:** proactive/education
- **Secondary:** support groups
- **Tertiary:** professional counseling



<http://www.rhodeislandcism.com/wp-content/uploads/2014/08/cism-support.jpg>