



U.S. Department of Justice

Office of the Associate Attorney General

Associate Attorney General

Washington, D.C. 20530

March 17, 2022

Dear Colleague,

Law enforcement officers shoulder the solemn responsibility of protecting the public, and they deal with tremendous mental and emotional strains throughout their careers. The honorable work that law enforcement does day in and day out does not get the attention it deserves. We at the Department are grateful for law enforcement's daily public service. The COVID-19 pandemic, which has claimed hundreds of officers' lives, has added to the stress of an already difficult job. And we are devastated by the deaths of fallen heroes who tragically gave their lives in the line of duty.

Mental health is as important as physical health, and the Department of Justice has been deeply committed for over a decade to developing and investing in mental health and wellness programs that help keep our nation's law enforcement healthy and safe. In 2011, the Office of Community Oriented Policing Services (COPS Office) and the Bureau of Justice Assistance (BJA) established the Officer Safety and Wellness Group to raise awareness and increase knowledge about these officer mental health issues. BJA's VALOR program has trained tens of thousands of officers in curricula focusing on matters of wellness and safety and continues to offer training and technical assistance at no cost to state, local, and tribal law enforcement agencies. Since VALOR was launched in 2010, it has provided assistance valued at more than \$110 million to the field. Additionally, just last year we awarded \$7 million in COPS Office grants under the 2021 Law Enforcement Mental Health and Wellness Act (LEMHWA) Program to improve access to mental health and wellness services for law enforcement. As a result of VALOR and LEMHWA, to date we have invested nearly \$125 million in training and other assistance to support law enforcement mental health. We know that law enforcement's most valuable resource is the individuals who put their lives on the line every day to keep their communities safe.

This is why I asked BJA and the COPS Office to centralize their rich set of resources on law enforcement officers' health, safety, and wellness so that any officers and agencies seeking assistance can access them online quickly and efficiently. This collection is divided into seven sections: the first section features foundational resources on the subject of officer health and wellness, and the remaining sections highlight specific resources on financial wellness, mental wellness, physical wellness, resilience, seeking and providing support, and substance use and abuse. The publications presented here include podcasts, video presentations, infographics, posters, newsletter articles, and researched reports on various wellness-related topics.

We hope that officers and departments will find these resources useful, and we encourage you to contact the Department if there are other ways we can support the wellness of our law enforcement partners.

Sincerely,

A handwritten signature in blue ink, appearing to read "Vanita Gupta".

Vanita Gupta
Associate Attorney General