



Police Blues: Police Post-Traumatic Stress Disorder

T.J. Mahoney

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A brief, candid and personal look at Post-Traumatic Stress Disorder (PTSD) in policing as told by a former United States law enforcement officer with PTSD. Through Police Blues, T.J. hopes to shed more light on the issue of law enforcement Post-Traumatic Stress Disorder or PTSD. The professional women and men with this condition are not "crazy" nor violent sociopaths. Rather, their brain is dealing with processing the exposure to repeated, traumatic events that are a "routine" part of the job. As the author explains, PTSD is not a weakness, but rather an invisible wound from the officer's service to the community. When looking for help, these brave men and women often face challenges beyond the condition due to negative stereotypes, lack of resources, and even denial of care. When left to deal with the issues without support, these officers may end up living within the shadows of their own department-suffering in silence. While Police Blues gives a brief, personal, overview of the issue, it is not intended as a substitute for professional mental health care and guidance. If you are a law enforcement professional, first responder, or loved one dealing with this issue, please seek out the appropriate care.

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