

To address police officer mental health needs, IACP encourages the use of peer support and nationally peer support is accepted as a best practice, regardless of the demographic. The Urbana Police Department has partnered with [Operation Shattered Stars Peer Support](#) to create a ready resource for members of our law enforcement family when and if there is a need for psychological assistance. This program augments our agency's Employee Assistance Program offering the employee less formal alternative. In a strict confidential environment, officers can speak face-to-face, one on one, with other officers addressing the stressors of their work or home lives.

The program revolves around the training and availability of peer supporters; officers who volunteer and answer the call to respond to a brother or sister in need of support. These peer supporters operate with the highest degree of confidentiality and integrity, offering not only their trained ears, but the ability to refer officers to more advanced resources should they be appropriate. The Peer Supporter is a "first responders, for first responders."

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