

Know the Warning Signs

It is important to be prepared for your retirement, both financially and emotionally. The transition to civilian life can be difficult and, unfortunately, UMOS who are on terminal leave or in the first year of their retirement are at a greater risk of experiencing depression. Be aware of the warning signs and risk factors.

If you have a combination of any of the following symptoms for at least two weeks, it could be a sign of severe depression.

- **Change in appetite or weight**
- **Speaking or moving with unusual speed or slowness**
- **Change in sleeping pattern**
- **Decrease in sexual desire**
- **Feeling of worthlessness, self-reproach, hopelessness or guilt**
- **Diminished ability to concentrate**
- **Slowed thinking or indecisiveness**
- **Feeling out of control**
- **Speaking of death or suicide**
- **Fatigue or loss of energy**
- **Constant worrying**
- **Isolation and withdrawal**

For additional support, please visit:

www.badgeoflife.com

www.suicidepreventionlifeline.org

National Suicide Hotline: 1-800-273-8255



Employee Assistance Unit

The Employee Assistance Unit (EAO) was designed to assist members of the service that are experiencing personal problems. The early identification and resolution of these problems can minimize any negative impact on their career or home life.

Referrals are accepted from fellow members of the service, unions and fraternal organizations, family and friends.

Our unit is **NOT** a disciplinary arm of the department. Communication between EAO personnel and members of the service remains confidential, **EXCEPT** in cases of serious misconduct or suicidal behavior.

The unit's members are available weekdays from 0700-2100 hours. In emergency cases during non-business hours, unit members will be contacted and will respond.

Employee Assistance Unit
90 Church Street
Suite 1209
New York, NY 10007
(646) 610-6730

Employee Assistance Unit

Retirement Information & Resources



Life After Law Enforcement

Retirement is an important event in our lives. It brings with it many adjustments and challenges. Changes in lifestyle, friendships, self-esteem, and purpose are all part of the process. Retirement is especially difficult for those employed in law enforcement who leave their profession often unprepared for the dramatic change. Enclosed in this pamphlet are tips and important information to guide you throughout the process.

EAU remains committed to our retired members of the service.

Transitioning to Retirement

- 1. Prepare in advance.**
Plan how you will spend your time. Remember "failing to plan is planning to fail." The retiree that falls into that trap soon finds boredom is not a great replacement for constant activity.
- 2. Incorporate your circle of friends into your new schedule.**
The workplace is a natural setting for social interaction. Once it is gone, stimulating conversations can dry up. You will need to be intentional in connecting with friends that share common interests. Fraternal organizations are a great resource to remain connected to the department.
- 3. Participate in something fulfilling.**
Throughout your career you are in a state of constant hyper-vigilance. In retirement, that needs to be replaced by something that will stimulate your mind and fulfill your sense of accomplishment.

- 4. Delay major life changes in the first year.**
Retirement is a major adjustment in life. There will be unexpected stressors that appear. Limit unnecessary strains as you transition to a new way of life. Avoid major financial changes. Your income is likely to change. Wait until your retirement income stabilizes before committing to new spending ventures. Often, sources of income can be delayed or recalculated to figures that differ from your expectations.
- 5. Take a year to evaluate your options.**
Circumstances may require a change in plans. You may quickly discover that your preparation requires adjustments. Use caution when making new commitments. Do not journey into new endeavors without careful consideration.
- 6. Replacing your identity as a cop.**
Retirement can be emotionally challenging. *Once a cop, always a cop*, but the reality is that you are no longer *on the job*. Use family and friends as support structure. Enjoy a hobby or activity that will give you personal satisfaction and meaning.
- 7. Reinvest in your future.**
You possess a wealth of knowledge gained during your career with the NYPD. Use the experience you gained to advance in future endeavors.

Support is available 24/7

**Call Any Time
(646) 610-6730**

Important Resources

- **Police Pension Fund**
233 Broadway, New York, NY 10279
(212) 693-5100
- **Health Insurance Section**
90 Church Street, New York, NY 10007
Room 1235, (646) 610-5122
- **License Division**
1 Police Plaza, New York, NY 10038
Room 110A, (646) 610-5560
- **Shield, ID & Retirement Clearance Unit**
1 Police Plaza, New York, NY 10038
Room 1014A, (646) 610-6508/5150/6085
- **Payroll & Benefits Section**
90 Church Street, New York, NY 10007
12th Floor (646) 610-6160
- **Law Enforcement Safety Act (LEOSA)**
Policy for carrying a concealed firearm
www.crpoa.org/pdfs/LEOSA_Model_policy.pdf
- **Post Tour Processing**
Virtual support group
917-414-1253 ■ www.ttmpt.org

Staying Connected

Sometimes when a law enforcement officer leaves the "job" there is a void and a loss of camaraderie. A good way to stay connected is through the various fraternal organizations:

- **www.nypdcops.org**
Representing the various NYPD ethnic and fraternal organizations
- **www.fop.net**
The Fraternal Order of Police
- **www.nypd2.org/retirement/home.html**
NYPD retiree website