

# The Cost of Alcohol as a Coping Mechanism

A no-cost Web event

Mental wellness is a multidimensional component of officer wellness. This Web event tackles this complex and often stigmatized topic from three unique vantage points—colleagues, family members, and the agency.

**TUESDAY, APRIL 27, 2021, AT 11:00 A.M., ET**

Law enforcement officers throughout the nation are frequently exposed to traumatic events during their shift. There is a substantial cost when choosing to use alcohol to cope with or avoid these traumatic experiences.

Attend this Web event to look at both the short- and long-term effects of alcohol misuse, identify ways to treat alcohol use disorder, and replace alcohol abuse with healthy coping skills.

[Click Here to Register!](#)

**This critically important program is supported by these strategic partners:**



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