

# RESOURCES

For Police Departments

AVAILABLE WITH A FREE MEMBERSHIP AT  
CONNECTICUT CLEARINGHOUSE

Look inside!

**Connecticut Clearinghouse:** a statewide library and resource center offering educational materials and information on substance use, prevention, mental health, wellness, recovery, and more.

# ACCESS OPTIONS

## EBOOKS AND STREAMING

Scan the QR Code to complete a membership form. Membership is free. Be sure to check the electronic resources option. Staff will be in touch with login credentials.

The link to ebooks and PsycTherapy videos is available at:

[www.ctclearinghouse.org/resources](http://www.ctclearinghouse.org/resources)



## PRINT BOOKS AND PAMPHLETS

Connecticut Clearinghouse resources can only be shipped within the state of Connecticut. Pamphlets and posts can be order both in-person and with our [online order form](#).

Visit in-person to borrow library books . Hours are Monday-Friday from 8:30 am to 5:00 pm. Members may borrow 6 items for 3 weeks. Renewals available.

Our Location:

334 Farmington Avenue (Route 10)  
Plainville, CT 06062

Questions? Contact us at 1.800.232.4424 or email [info@ctclearinghouse.org](mailto:info@ctclearinghouse.org)

**Connecticut Clearinghouse:** a statewide library and resource center offering educational materials and information on substance use, mental health, wellness, recovery, and more.

# Pamphlets

[Click to Order Resources](#)

After Disaster: 6 Tips for Coping with Stress

Suicide & Depression (Available in Spanish)

The Dangers of Binge Drinking

Mental Health & Stigma (Available in Spanish)

Senior Suicide

Youth Suicide: Everything to Live For

Substance Use & Suicide: Understanding the Connection

Alcohol Overdose: Warning Signs & What to Do

Naloxone: What You Need to Know (Available in Spanish)

Testing for Fentanyl: What to Know

Opioids & Stigma: Why It Matters and What You Can Do

Mental Health & Stigma (Available in Spanish)

Mental Health Care: What It Is, How It Can Help, And Where To Find It (Available in Spanish)



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# Pamphlets

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Gun Violence & Your Mental Health

About Grief

Mental Fitness: Being Emotionally Healthy in a Stressful World

101 Stress Busters

After Disaster: 6 Tips for Coping With Stress

Overcoming PTSD (Available in Spanish)

Sexual Assault: What Everyone Should Know

Asking for Help

Drinking: What's Normal, What's Not

21 Reasons Not to Give Alcohol to Teens

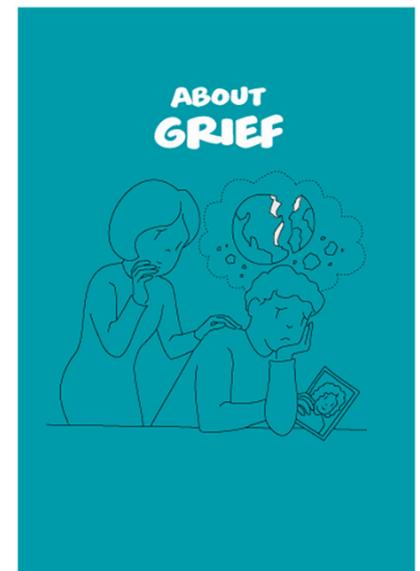
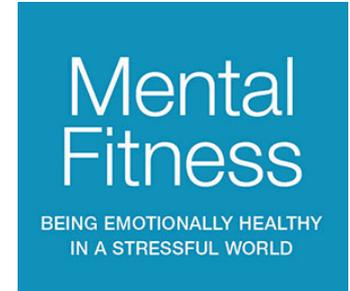
Cycle of Violence (Available in Spanish)

About Recovery

Heroin and Harm Reduction

Healing From Trauma (Available in Spanish)

Drinking, Drugs & Driving



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# Posters

[Click to Order Resources](#)

Wise Up: Here's Where Kids Get Alcohol: Know the Source & Cut It Off

Fentanyl Is In The Mix (English/Spanish)

Safe Medication Disposal

What Is Consent? (English/Spanish)

A Nicotine-Free Vape Is Not A Worry-Free Vape

988 Suicide & Crisis Lifeline - Young Woman (Available in Spanish)

Pronouns Matter

All Are Welcome Here (Available in Spanish)

Marijuana: Cause & Effect

Opioids: Cause & Effect

Inhalants: Cause & Effect

Hallucinogens: Cause & Effect

Alcohol: Cause & Effect



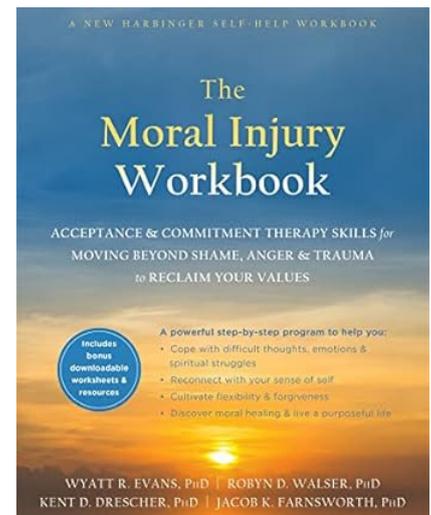
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# EBOOKS + PRINT BOOKS

Crisis talk: negotiating with individuals in crisis (available in both formats)

Life after trauma: a workbook for healing (available in both formats)

The moral injury workbook : Acceptance and Commitment Therapy skills for moving beyond shame, anger, and trauma to reclaim your values (available in both formats)



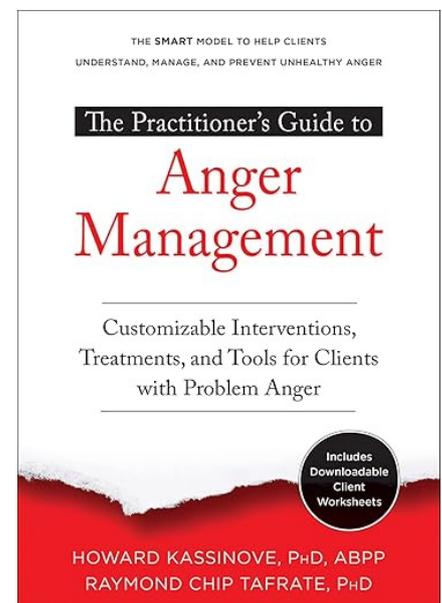
# PRINT BOOKS

Anger management for everyone : ten proven strategies to help you control anger and live a happier life / Tafrate

Come what may : life-changing lessons for coping with crisis / Easthope

Emotional survival for law enforcement : a guide for officers and their families / Gilmartin

Enhancing police response to persons in mental health crisis : providing strategies, communication techniques, and crisis intervention preparation in overcoming institutional challenges / Castellano-Hoyt



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# PRINT BOOKS

Finding life beyond trauma : using acceptance and commitment therapy to heal from post-traumatic stress and trauma related problems / Follette

Grief isn't something to get over : finding a home for memories and emotions after losing a loved one / Lamia

I am not sick, I don't need help! : how to help someone with mental illness accept treatment / Amador

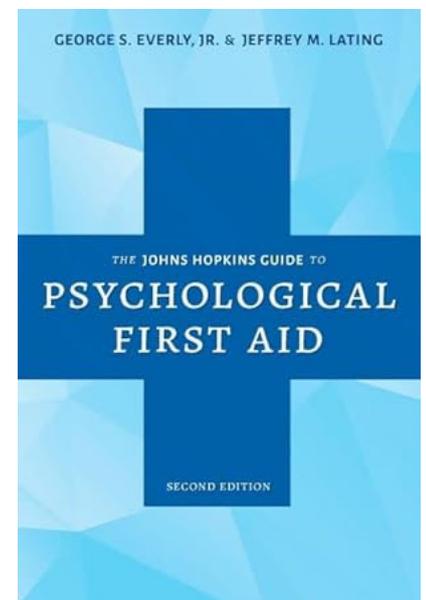
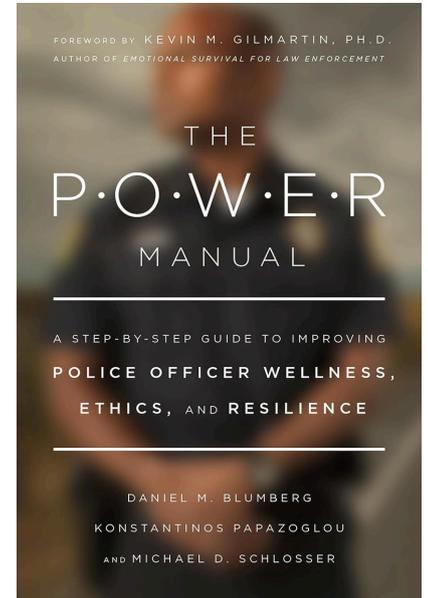
The Johns Hopkins guide to psychological first aid

Making meaning of difficult experiences : a self-guided program / Rauch

Mental health emergencies : a first-responder's guide to recognizing and handling mental health crises / Benas

On killing : the psychological cost of learning to kill in war and society / Grossman

The POWER manual : a step-by-step guide to improving police officer wellness, ethics, and resilience / Bloomberg



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# PRINT BOOKS

The soul of the helper : seven stages to seeing the sacred within yourself so you can see it in others / Oxhandler

A street survival guide for public safety officers : the cop doc's strategies for surviving trauma, loss, and terrorism / Rudofossi

Treating PTSD in first responders : a guide for serving those who serve / Bryant

What doesn't kill us : the new psychology of Posttraumatic growth / Joseph

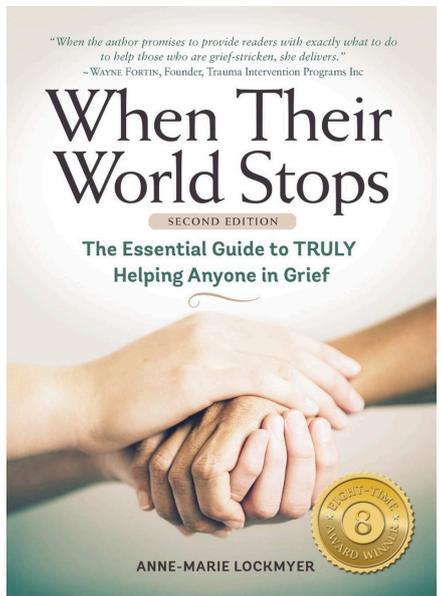
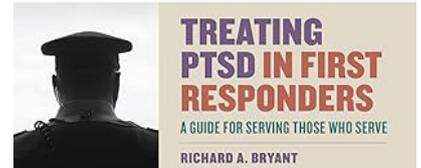
What doesn't kill us makes us : who we become after tragedy and trauma / Mariani

When trauma survivors return to work : understanding emotional recovery / Barski-Carrow

When their world stops : the essential guide to truly helping anyone in grief / Lockmyer

You Will Get Through This: A Mental Health First-Aid Kit: Help for Depression, Anxiety, Grief, and More

You are not your trauma : an ACT guide for healing from within



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