



Montgomery County, Maryland  
Police Department

# Lifeline Wallet Card

**You are not alone. Resources to support your well-being are a phone call away.**

**MCPD Stress Management Team — 240.773.6040**

*Counseling to MCPD employees and their immediate family members*

**MCPD Police Peer Support Team — 240.773.6311**

*Support to employees of MCPD and their families before, during and after a work-related or personal critical, traumatic or stressful incident*

**Copline — 800.267.5463**

**Crisis Text Line — Text BLUE to 741741**

**Other** \_\_\_\_\_