



6160 West Higgins Avenue,
Chicago, IL 60630

August Newsletter

Summers are notorious for being the most challenging for CPD AND their families. But for the Chicago Police Department the **past few months have been like nothing we have ever seen before**. Job frustration, chronic stress, and feeling isolated are just a few of what our police officers are feeling. **Suicides are on the rise in the Chicago Police Department** with three officers dying by suicide in less than a month. This is an evident reminder of the many sacrifices and demands members of law enforcement face each and every day.

The tragedies we are seeing in the Chicago Police Department show the importance of **prioritizing mental and emotional health** and The Well is committed to providing all the resources we can to see a change for the better. **We want to be a beacon of HOPE in a very dark world**. Because of your financial support we have three part-time therapists on staff who currently average ten clients each. Matt Blair also sees thirteen clients. Unfortunately, **we currently have eleven clients on our waitlist** wanting to see one of our therapists. Our goal within the year is to hire a full-time therapist so that we can lessen the load of our waitlist and people can get the help they desperately need.

Thank you for joining with us in support of all of our First Responders. **Your financial partnership allows us to provide the professional care that our first responder community needs and deserves. Please [consider donating today](#).**

You can [read here](#) an editorial in the Chicago Tribune on July 25th that puts an emphasis on what we already know our officers are going through. It is titled "We cannot leave police to fight their stress battles alone". We cannot agree more!

The Well Resource Center offers one-on-one and family counseling in a private setting. If you would like to talk to someone, please contact Julia@Thewellrc.org.

The Well Resource Center is a place where people are with and for you. We seek to improve First Responders and their family's emotional, spiritual, relational, and physical well-being.

July Highlights



CPD Finest vs CFD Bravest Charity Baseball Game



HONORARY GEOFFREY L. WOITEL
WAY
7200 block of West Everell Avenue



The Well had the honor to join with the community to pay tribute to the street dedication celebrating the life of **Detective Woitel** who passed in 2021. Det. Woitel earned the Superintendent's Award of Valor during his career of service to the city of Chicago."



Ride to Remember

A few of our first responders participated in this year's **Ride to Remember** in support of the Chicago Police Memorial Foundation which supports families of fallen and catastrophically injured Chicago Police Officers.



Cubs Outing



Because The Well is a civilian organization building trust with First Responders takes time and effort. Being invited to Chicago Police District social events like this Cubs game is a big deal for The Well it affirms that we are seen as valued "members of the team."

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Our mailing address is:
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