



6160 West Higgins Avenue,
Chicago, IL 60630

October Newsletter

On September 6th, The Well was grateful for the opportunity to attend in ***The Chicago Police Memorial Foundations Candlelight Vigil*** to honor the lives of Chicago Police Officers who have made the ultimate sacrifice in the line of duty.



Five hundred ninety-five officers have lost their lives in The Chicago Police Department's nearly 200 year history. All 595 of the officer's names were read by either family members or other officers. We were incredibly humbled to be in attendance with all the family members who had experienced such unimaginable loss and **we were reminded of why The Well exists to care for those who are willing to sacrifice everything for us.**

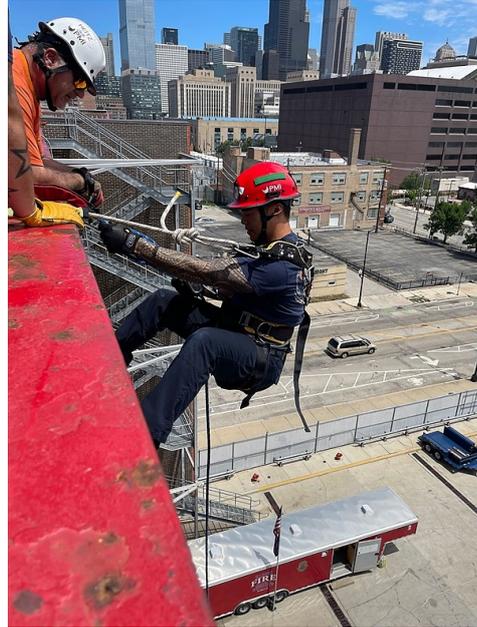
The Well Resource Center is a place where people are with and for you. We seek to improve First Responders and their family's emotional, spiritual, relational, and physical well-being.

Police Suicides



In 2022, seven Chicago Police Officers have died by suicide: 6 of the 7 suicides have happened in the last 3 months. These officers and the devastation that their families are now facing is a harsh reminder of why there is such a great need for The Well and our resources. The Well and our team have been along side officers and their families as they grieve these losses and have been called upon to offer support for countless individuals affected. **On September 10th, The Well was called to the scene of one of these tragic deaths.** Officers on scene reached out and asked if we could be there to support the family and the other officers on scene. Although difficult, we were honored to receive that call and to be present. **Your donations not only make it possible for us to be there but also allows us to continue to build our team to help combat the mental health struggles that the first responder community is facing.**

Our very own Cyrus



Cyrus Martinez has been a fantastic addition to The Well and our team. Because of his years as a **Chicago Police officer** and his current role as a **Chicago Firefighter**, Cyrus has been able to help us steadily grow our existing programs. **As Recreational Therapy Coordinator, Cyrus runs our basketball program for first responders which takes place every Thursday night, and attends roll calls around the city.** We have seen a consistent number of new faces being introduced to The Well family because of his outreach. When officers and firefighters are introduced to The Well through a social program like basketball that often leads them to engage in other programs like group and individual therapy. The more exposure to mental health resources our first responder community has, the more likely **they will reach out when they are in need.**

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.

Did you know that...

Every Dollar raised

Allows our therapists to pour into their clients and to care professionally for first responder mental health needs.

Allows us to attend role calls across the city to show support and appreciation before or after shifts.

Allows us to run community programs made specifically for first responders to feel loved and cared for and space to decompress after tragedies and joys.

Allows us to have a staff of 7 but still have space for more therapists to join our team.

We currently have **8 first responders on the wait list** to see one of our therapists. Our goal is to be available to provide for our first responders in need which requires hiring more therapists. We need your help. Please [give online](#) or mail a check to The Well Resource Center, 6160 W Higgins Avenue, Chicago, IL.

Thank you for your support and generosity.

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