



10 Ways A Chaplain Can Help You

1. Confidential Conversations

Chaplains provide a private, judgment-free space to talk about stress, trauma, or personal challenges - without it going up the chain of command.

2. Support After Tough Calls

From fatalities to child calls, chaplains help you process difficult scenes in a healthy, grounded way.

3. Presence on Scene

Chaplains respond to major incidents to support victims, families, and responders, allowing you to stay focused on the mission.

4. Help With Personal Challenges

Relationship strain, grief, burnout, or life transitions -chaplains walk with you through the hard stuff outside the uniform.

5. Stress & Resilience Tools

Chaplains can teach practical techniques for managing stress, improving sleep, grounding after trauma, and building long-term resilience.

6. Support for Your Family

Chaplains check in on spouses, kids, and loved ones, especially during crises, long shifts, or major life events.

7. Assistance With Death Notifications

Chaplains help deliver difficult news with compassion and professionalism, reducing emotional burden on responders.

8. A Bridge to Additional Resources

If you need peer support, counseling, wellness programs, or community resources, chaplains help connect you without pressure.

9. A Steady, Familiar Presence

Through ride-alongs, agency visits, and consistent availability, chaplains build trust so you know who to call when things get heavy.

10. Support for Milestones & Life Events

Weddings, funerals, hospital visits, promotions, retirements - chaplains show up for the moments that matter.

****Chaplains are here to support the whole person, not just the responder. You don't have to be religious to talk to a chaplain. You just need to be human. We meet you where you are.**