

Call PSB for Appointment

Signs to Call PSB for an Appointment

1. No longer feeling in control
2. Being unable to cope; overwhelmed
3. Generalized &/or frequent negative thoughts
4. Long periods of intense anger or blaming everyone else
5. Unable to shake things that you normally can shake off
6. Withdrawing from friends and family
7. Unproductive guilt
8. Inability to fall asleep or stay asleep for an extended period of time
9. Inability to concentrate &/or perform normal tasks
10. Binge drinking on a daily or weekly basis, even if social
11. A lack of pleasure for an extended period of time
12. A pattern of being involved in conflicted, dishonest, &/or harmful relationships
13. Engaging in risky or impulsive behaviors unnecessarily

Call us at **213-738-3500**

We are here to help 24/7

Office Locations:

- Mid-Wilshire
- Whittier
- Palmdale
- Santa Clarita



Top reasons employees come to PSB?

On average, we have 6,000+ non emergency counseling appointments and 700 emergency interventions per year.

The top reasons for employees coming to counseling are:

Intimate Relationships

Depression

Work and/or Personal Life Stresses or Anxiety

Parenting Issues

Illness/Injury

Critical Incident

Grief/Loss

**Los Angeles County
Sheriff's Department
Psychological Services Bureau (PSB)
213-738-3500**



Los Angeles County
Sheriff's Department

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10/2018



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PSYCHOLOGICAL SERVICES BUREAU

AN INFORMATION GUIDE



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How can PSB help me?

Counseling to nip issues in the bud quickly and more easily. It also spares you and loved ones from unnecessary distress.

“Isn’t counseling the same as talking to a buddy/friend?”

No. Your friend is there to be supportive but a psychologist is a licensed doctor trained to assess for relevant information, identify patterns and problem areas as well as provide education, clinical feedback, and a short-term action plan to improve yourself.

What Other Services Does PSB Provide?

- Crisis Intervention & Behavioral Health
- Consultations
- Critical Incident Debriefings
- Organizational Development/Trainings
- LE Operational Support/Mission Support
- Psychological Debriefings for Critical Incidents
- Trainings for Staff Development
- Substance abuse support and resources (SARP)
- Peer Support Program (PSP)s.



Psychological Services Bureau

Who is Eligible for Counseling?

All employees, both professional staff and sworn personnel, are eligible for free, short-term services. Their spouse or significant other is also eligible to make a counseling appointment. The different formats offered are individual, couples, and family counseling.

Is Counseling Really Confidential?

Yes, counseling with a psychologist in California is confidential but understand there are a small number of exceptions dictated by state and federal laws (e.g., CA E.C. 1012-1027; Ca C.C. Section 56). More specifically, information including the fact that you had an appointment cannot be disclosed to family members and other Department members/ supervisors. The exceptions to confidentiality that are dictated by law are situations where there is danger of harming oneself, others, or if child abuse, elderly abuse, dependent abuse are mentioned. One final limitation is if a court order is received from a judge. Be familiar with the strict confidentiality laws that govern the practice of psychologists so that misinformation does not prevent you from seeking services or referring someone for services.

*“Providing
the Best in
Law Enforcement
Psychology Services”*

