SOUTHEASTERN MASSACHUSETTS LAW ENFORCEMENT COUNCIL, Inc.
CRITICAL INCIDENT STRESS MANAGEMENT
PEER SUPPORT TEAM
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A police officer who was having some problems fell into a hole and couldn't get out. When a senior police officer walked by, the officer called out for help, but the senior officer yelled back, "suck it up son, dig deep and drive on," then threw him a shovel. The police officer did as he was told and dug the hole deeper.

As senior police sergeant went by and the officer again called out for help. The senior police sergeant told him, "use the tools your supervisor has given you", and threw him a bucket. The police officer used the tools and he dug the hole deeper and filled the bucket.

A psychiatrist walked by. The police officer called, "Help! I can't get out!" so the psychiatrist gave him some drugs and said, "Take this. It will relieve the pain and you will forget about the hole." The police officer said, "Thanks" and followed his advice, but when the pills ran out he was still in the hole.

A well-known psychologist rode by and heard the police officers call for help. He stopped and asked, "How did you get there" Were you born there? Did your parents put you there? Tell me about yourself; it will alleviate your sense of loneliness." So the police officer talked with him for an hour, then the psychologist had to leave, but he said he'd be back next week. The police officer thanked him, but he was still in the hole.

Another police officer, just like him, happened to be passing by. The police officer with the problems cried out, "Hey, help me. I'm stuck in this hole" and right away the other police officer jumped down in there with him. The police officer with the problems started to panic and said, "What are you doing? Now we're both stuck down here!" But the other police officer just smiled and replied, "It's ok, calm down brother. I've been here before…..I know how to get out"

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