

'PTSD' – YOU'RE NOT ALONE

A Police Officer with PTSD fell in a hole and couldn't get out.

A Senior Sergeant went by and the police officer with PTSD called out for help. The Senior Sergeant told the officer that policing is a tough job and he needed to suck it up. "Dig deep and drive on" said the Senior Sergeant, and then he threw him a shovel. But the Police Officer with PTSD couldn't suck it up, he couldn't drive on, so he dug the hole deeper.

A while later, an Inspector went by and the police officer with PTSD called out for help. The inspector told him to use the tools that the Senior Sergeant had given him and he threw him a bucket. But the police officer with PTSD was already using the tools that the senior sergeant had given him, so he dug the hole deeper and filled the bucket.

A psychiatrist walked by. The police officer yelled out, "Help! I can't get out!" The psychiatrist gave him some drugs and said, "Take this, it will relieve the pain." The police officer said thanks, but when the pills ran out he was still in the hole.

Then a well-known psychologist rode past and heard the police officer crying out for help. She 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 to her for an hour, then the psychologist had to leave but said she'd be back next week. The police officer thanked her, but he was still in the hole.

A priest came by. The police officer called out for help. The priest gave him a Bible and said, "I'll say a prayer for you." He got down on his knees and prayed for the policeman and then he left. The policeman was very grateful, he read the Bible, but he was still stuck in the hole.

A police officer recovering from PTSD happened to pass by. The policeman in the hole cried out, "Hey, help me. I'm stuck in this hole." Straight away the recovering police officer with PTSD jumped down in the hole with him. The police officer stuck in the hole said, "What are you doing? Now we're both stuck in here!!" But the recovering police officer said, "Calm down. It's okay. I've been here before and I know how to get out."

Source: Blue Hope Facebook page

