

Supporting Those Who Support Us

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October 9, 2024

Venessa Harrison – President, AT&T Southeast Coastal States

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Community Impact, Public Safety

- On World Mental Health Day, we're spotlighting Brian Sizemore, an AT&T employee who founded the LUCAS Foundation to help expand mental health support resources to law enforcement officers.
- Mental health support is critical for all, especially for the public safety community, with first responders experiencing higher rates of depression, post-traumatic stress, burnout, anxiety and other issues compared to the general population.¹
- Brian and the LUCAS Foundation were recently recognized at the Atlanta Police Foundation's annual Crime is Toast event.

Our first responders wear bravery and selflessness every day.

But consistently responding to emergencies and traumatic incidents can leave them carrying emotional and mental burdens brought on by the grueling nature of their jobs.

On World Mental Health Day, we're reminded of this reality and the importance of providing our first responders with the mental health resources they deserve.

Longtime AT&T employee Brian Sizemore has been doing just that, working daily to increase awareness of the mental health issues affecting our first responders.

Earlier this year, Brian lost his son Lucas, a rookie police officer with the Atlanta Police Department, to suicide. Brian and his family founded the [LUCAS Foundation in Lucas' memory](#) to help integrate mental health and wellness support into our public safety communities and erase the stigma of asking for help.

Brian and the LUCAS Foundation are helping reshape public safety's culture around mental health and collaborating with organizations like the Atlanta Police Foundation to provide resources that encourage law enforcement to seek help when they need it.

“When Lucas passed away, I shared with Chief Schierbaum that my family and I wanted to start the LUCAS Foundation so law enforcement officers have a greater understanding of the mental health demands of the job, and most importantly, have the resources they need to seek help,” **said Brian.**

Recently, Atlanta Police Chief Darin Schierbaum recognized Brian and the LUCAS Foundation at the Atlanta Police Foundation’s annual Crime is Toast breakfast. Chief Schierbaum shared Lucas’ story and offered his support of the LUCAS Foundation and its mission to provide law enforcement officers with the mental health resources they deserve.

“At the Atlanta Police Department, our most important resource is the men and women in law enforcement who protect the Constitution and our communities. When we work to keep our personnel healthy, we are helping keep our citizens and communities safe. We appreciate the work Brian Sizemore and the LUCAS Foundation are doing to support law enforcement by raising awareness about the importance of mental health wellness and providing law enforcement with the resources they deserve. This initiative is essential in ensuring that officers here in Atlanta, and beyond, have the support they need to continue serving our communities with strength and resilience,” **said Chief Darin Schierbaum, Atlanta Police Department.**

Through the [FirstNet® Health and Wellness Coalition](#), AT&T is a proud supporter of these efforts. By working hand-in-hand with public safety agencies and organizations, we will continue to support [recommendations](#) and action to embed mental health and wellness into our public safety institutions – so our first responders always have the help they need.

Hear more from Brian and Chief Schierbaum in their recent interview for the Boulder Crest Foundation’s Struggle Well series:

¹ <https://www.samhsa.gov/sites/default/files/dtac/supplementalresearchbulletin-firstresponders-may2018.pdf>

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