

Reporter: Everyday United States police officers answer the calls of people in trouble. Protecting and serving the members of the community...the sick, the hurt, the battered, the needy. But they often suffer in silence with their own problems.

James Trainum Actuality: "The main regret I have is that I feel it has sucked a lot out of my soul.

Reporter: DC Detective James Trainum.

James Trainum Actuality: I'm more isolated I feel it's harder to open myself up to people and trust people. I just don't know if it was worth the price I had to pay."

Reporter: Trainum is one of many police officers who have to deal with the daily stresses of the job. Because the work can be traumatic, often, police officers will carry that stress with them from the streets ..to their agency to their home .Robert Douglas, the Executive Director of the National P.O.L.I.C.E Suicide Foundation, explains that many law enforcement agencies neglect to train officers on how to deal with the stress on the job and balance their professional and family lives.

Robert Douglas Actuality: "We are not being taught to make that transition from warrior to father and mother."

Reporter: According to a 1995 study conducted by the Fraternal order of police , the nation's largest police organization, the suicide rate of police officers is nearly twice as high as the general public. In a 1999 Usa Today survey, in New York, Los Angeles and Chicago suicides accounted for more police deaths than those slain in the line of duty. Retired Ohio police officer Marty Jones came close to being one of those statistics as he attempted suicide last year.

Marty Jones: "When the depression sets in that heavy you start to think no-one cares even your grand-babies which are little bundles of joy. It's a disease in your mind that comes over you."

Reporter: After he was promoted to Lieutenant, the stresses from the job began to take a toll. In the Winter of 2005, Jones shot himself in the head, and is now blind in his left eye, deaf in his right ear and has no sense of smell. Still, Jones is happy for a second chance at life.

Marty Jones Actuality: My family life is tighter than it has ever been. I do meals on wheels.

Reporter: Jones now helps other law enforcement agents protect their officers from suicide. He said that many police officers are so good at hiding the signs of their depression that many people are unaware of the emotional trauma they are going through until it's too late.

Marty Jones Actuality: We need to understand more about what causes it and have training at the academies.

Reporter: While police officers constantly risk their lives to save others, according to Douglas, the law enforcement agencies they work for are not devoting much attention to the issue of suicide among their ranks.

Robert Douglas Actuality: "In this country law enforcement agents are dying and the agencies are not doing anything and are not addressing the fact that it is an issue."

Reporter: Douglas's foundation however, has developed a model where police officers are trained to deal with suicide on the force and Douglas says in all the departments he has trained police agencies have seen results.

Robert Douglas Actuality: "When they start looking at and addressing the issue they have found the numbers have been reduced."

Reporter: According to the US Department of Labor the employment of police officers and detectives is expected to grow between 9-17% in the upcoming years. With such high increases expected for the future, retired officers like Douglas and Jones believe that it is necessary for a system to be implemented by law enforcement officials to prevent the tragic loss of more officers to suicide.

For Intern Edition, I'm Shaleem Thompson, in Washington D.C.