



MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY



Public safety officers, regardless of rank or position, may find themselves confronted with a mental health crisis. My Mental Health First Aid training helped me save a life, and regular incidents serve as reminders of how public safety officers fall back on their training in times of crisis.”

– **Captain Joseph Coffey**, Ret., Rhode Island Municipal Police Academy and Mental Health First Aid National Trainer

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Public Safety teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of public safety personnel and is a valuable resource that can make a difference in their lives, their coworkers’ and families’ lives, and the communities they serve.

Almost

20%

of police calls involved a **mental illness** or **substance use** crisis.

–American Psychological Association

Nearly

1 IN 4

police officers think of **suicide** at some point in their life.

– National Alliance on Mental Illness via 2009 Centers for Disease Control and Prevention Report

1.2 MILLION

individuals living with mental illness are in **jail and prison** each year.

– Mental Health America

WHAT IT COVERS

- Overviews of common mental health and substance use disorders.
- How to recognize common risk factors and warning signs.
- Crisis diffusion and follow-up tactics.
- Affirming and reassurance tactics.
- How to encourage appropriate help.
- Self-help and support strategies.

WHO SHOULD TAKE IT

- Law enforcement
- Corrections officers
- Other first responders
- 911 dispatchers

The course will teach you how to apply the **Mental Health First Aid Action Plan (ALGEE)**:

- **Assess** for risk of suicide or harm.
- **Listen** nonjudgmentally.
- **Give** reassurance and information.
- **Encourage** appropriate professional help.
- **Encourage** self-help and other support strategies.