

MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY

Almost
10%
of police calls involved
someone with a
MENTAL ILLNESS IN 2014.

National Public Radio (NPR)

Nearly **1 in 4**
police officers thinks
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

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 8-hour 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.

WHO SHOULD TAKE IT

- Law enforcement
- Corrections officers
- Other first responders
- 911 dispatch staff

WHAT IT COVERS

- Defusing crises.
- Promoting mental health literacy.
- Combating stigma of mental illness.
- Enabling early intervention through recognition of signs and symptoms.
- Connecting people to care.

The course will teach you how to apply the ALGEE action plan:

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

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT
www.MentalHealthFirstAid.org OR EMAIL Info@MentalHealthFirstAid.org.

"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*



**MENTAL
HEALTH
FIRST AID®**