

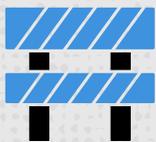
Mental Health First Aid

FOR PUBLIC SAFETY



WHY MENTAL HEALTH FIRST AID?

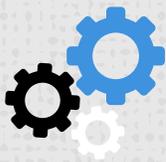
Mental Health First Aid for Public Safety teaches the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. This evidence-based training promotes open dialogue, reduces stigma and encourages officers to seek support when needed. Offering MHFA for Public Safety can help create a healthier, more resilient and productive department.



90% of police officers surveyed reported stigma as a barrier to seeking help.

PTSD rates in first responders is as high as

32%



High occupational stress is associated with a **250%** increased likelihood of developing PTSD.



Police Officers are **54%**

more likely to die by suicide than the general population.

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID?

- Law Enforcement
- Other First Responders
- 911 Operators

WHAT IT COVERS

- Signs and symptoms of common mental health and substance use challenges
- 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

Attendees will participate in a 6.5-hour instructor facilitated training class. **Enrollment is open to residents of the United States ONLY.**

This course will empower you to support others in crisis with confidence and effectiveness.

REGISTER NOW AND SECURE YOUR SPOT TODAY!