



Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

# 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 (MHFA) 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.

High occupational stress is associated with a

**250%\***

increased likelihood of developing PTSD

Officers are

**35%\***

less likely to experience PTSD symptoms with higher levels of peer support.

\*the original research for the displayed statistic is linked

## REGISTER TODAY!

### Delivery Format:

### Date and Time:

### Location:

### Where to Register:

The course will teach you how to apply the MHFA Action Plan (**ALGEE**):

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.