



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

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.

WHO SHOULD TAKE IT

- Law enforcement
- Other first responders
- 911 dispatchers

The course will teach you how to apply the MHFA 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.



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