



# MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY

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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  
**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

## 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.

## WHO SHOULD TAKE IT

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



## MENTAL HEALTH FIRST AID FOR FIRE & EMS

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Since completing training, I've noticed that there is more conversation about mental health among members of our team, and that is helping reduce the stigma associated with behavioral health issues. People at the Clifton Fire Department are using what they learned in the course in their personal lives as well as their professional lives."

— Deputy Fire Chief Michael Allora, Ret., Clifton Fire Department

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid for Fire/EMS 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 firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

In 2017,

**103 FIREFIGHTERS**

died by suicide; more than the 93 firefighters who died in the line of duty.

- USA Today

A Survey of 7,000 North American firefighters revealed

**27%**

have struggled with substance use challenges.

- NBC Washington

### WHAT IT COVERS

- A discussion of first responder culture, stigma and their relevance to the topic of mental health.
- Outreach tactics to respond to individuals experiencing a mental health crisis.
- A discussion of the specific risk factors faced by many first responders and their families.
- A review of common mental health resources for first responders, their families and those who support them.

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.

### WHO SHOULD TAKE IT

- Firefighters
- EMS personnel
- Other first responders
- Family members of first responders

