

# Mental Health First Aid

## For Public Safety and Law Enforcement

“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.

\*<https://link.springer.com/article/10.1007/s11896-020-09424-9>

### 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

### Training formats

- **In-person 1 Day:** Learners receive their training during a 6.5-hour, Instructor-led, in-person session.
- **In-person 2 Day:** Learners receive their training during two 4-hour, Instructor-led, in-person sessions.
- **Blended, In-person 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, in person session.
- **Blended, Virtual 1 Day:** Learners receive their training through a 2-hour online self-paced training, followed by a 4-hour Instructor-led, virtual session.

### Learn how to respond with the Mental Health First Aid 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.