



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.
- 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.

**GET CERTIFIED**  
at [MentalHealthFirstAid.org](https://MentalHealthFirstAid.org)

Contact us at: [Hello@MentalHealthFirstAid.org](mailto:Hello@MentalHealthFirstAid.org)