

# MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY

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*



## 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 8-hour 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.

### 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.

### WHO SHOULD TAKE IT

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

### 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

TO FIND A COURSE OR CONTACT AN INSTRUCTOR IN YOUR AREA, VISIT  
[www.MentalHealthFirstAid.org](http://www.MentalHealthFirstAid.org) OR EMAIL [Info@MentalHealthFirstAid.org](mailto:Info@MentalHealthFirstAid.org).

### Upcoming FREE Training

**\*\*All LE attendees will receive 8 hours AZPOST continuing education credits**

**WHERE:** Superior City Council Chambers, 199 N. Lobb Ave., Superior AZ 85173

**WHEN:** Thursday July 25<sup>th</sup>, 0800-1700 hours

**REGISTER:** Ofc. Mark Shackelford: [mark.shackelford@pinalcountyyaz.gov](mailto:mark.shackelford@pinalcountyyaz.gov)

**INSTRUCTORS:** First Responder Liaisons Maria Stengel and Kelly Boyer. Maria is retired law enforcement and Kelly is a former Adult Probation Officer.



MENTAL  
HEALTH  
FIRST AID®