

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*

REGISTER TODAY!

Delivery Format:

Participants will earn SEVEN (7) IN-SERVICE CREDITS UPON COMPLETION OF THIS COURSE.

Date and Time:

December 10th , 2026 9am-5pm

Location:

PRCJTA, 1024 Dupont Rd, Martinsville, VA 24112

Where to Register:

Email :Kristi Norton: knorton@piedmontcsb.org

The course will teach you how to apply the MHFA 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.