

FREE!

MENTAL HEALTH FIRST AID FOR PUBLIC SAFETY

NH Law Enforcement Training Opportunity

- **FREE 8-Hour Virtual Training Class via Microsoft Teams**
(No download necessary)
- **Aligns with LEACT Recommendations for Offering Mental Health and Well-Being Training for New Hampshire Law Enforcement**

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 co-workers' 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** non-judgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies



Almost
10%
of police calls involved
someone with a
MENTAL ILLNESS IN 2014.

National Public Radio (NPR)

Nearly **1 in 4**
police officers think
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



Host: **Nashua Police Department**

Location: **Virtual (Link will be sent after registration)**

Instructors: **Sgt. Charles MacGregor, Ofc. Andrew Fleming**

Date: **WEDNESDAY, MAY 19th**

Time: **8:00 am - 4:00 pm**

REGISTER HERE <http://bit.ly/LETRTraining>

PLEASE REGISTER BY MAY, 17th

