

Course Title: Wellness for CPT 2020 (2-hours)

Course Description:

To provide employees with tools for better balance, mental health and resiliency. Education and facilitated discussion regarding suicide, depression, anxiety, risk factors and warning signs among Law Enforcement professionals.

Course Objectives: Upon completion of this course, the student will have reviewed, discussed and/or made aware of:

- Recent data regarding officer suicides
- Topics of stress, PTSD, suicide, anxiety and depression and how it relates to themselves and other officers
- Stigma and how it relates to mental health and mental illness
- Myths and biases regarding suicide among law enforcement professionals
- Resources/services for themselves or others and identify risk factors and warning signs.
- An overview of resiliency and self-care
- Peer Unit services and updates