



An Introduction to Suicide in Law Enforcement Training...

Suicide within the ranks of law enforcement is not a new problem. The public expects law enforcement officers to deal with death, misery, and traumatic events. Good law enforcement administrators attempt to provide their personnel with the very best physical tools possible. The best radios, weapons, vehicles, and bullet resistant vests, however, we haven't done an adequate job of providing the training that can "bullet proof" the mind. It is no secret that depression, substance abuse, domestic abuse and even suicidal thoughts can be the silent partners of law enforcement officers.

The experts agree that 80%-90% of those individuals that complete suicide give various clues of their suicidal intent to someone. To the untrained, these usually subtle communications are often ignored. On the flip side, a successful intervention applied by those trained in suicide prevention and intervention skills has been proven to save lives. Law Enforcement peers, supervisors, and administrators are in an ideal position to monitor the psychological wellness of their department members. Training and awareness provide the confidence to recognize the suicidal danger signs and to ask the right questions at the right time. In simple terms; ***Ask a question, save a life!***

We firmly believe that we are in the midst of a positive culture change regarding psychological wellness in law enforcement. In most progressive law enforcement agencies it is no longer considered a sign of weakness to seek peer support, chaplain assistance, or the services of a mental health professional. There are still pockets of resistance to this issue, but in general the law enforcement profession is improving in these critical help areas. Law Enforcement officers who avail themselves to any one of these three programs are approaching their issue from a position of strength, not weakness.

Thank you for attending this critical training.

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