



Module 3. Prioritizing Officer Mental Health, Wellness, & Resilience

Time: 50 minutes

Slides: 18

Purpose: This module discusses topics related to officer mental health and wellness and provides training participants with strategies to support mental wellbeing throughout their career.

Learning Objectives:

Upon completing this module, participants should be able to:

1. Describe how stress manifests itself in the body and how it displays in oneself and peers;
2. Identify risk factors and recognize warning signs of officer suicide;
3. Identify and use strategies for building officer resilience; and
4. Access available officer mental health and wellness resources.

This curriculum was created through support by Grant No. 2020-NT-BX-K001 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the authors and do not necessarily reflect the official positions or policies of the U.S. Department of Justice.