



RESILIENCY 360: MENTAL HEALTH FIRST AID AND RESILIENCY



COURSE OVERVIEW:

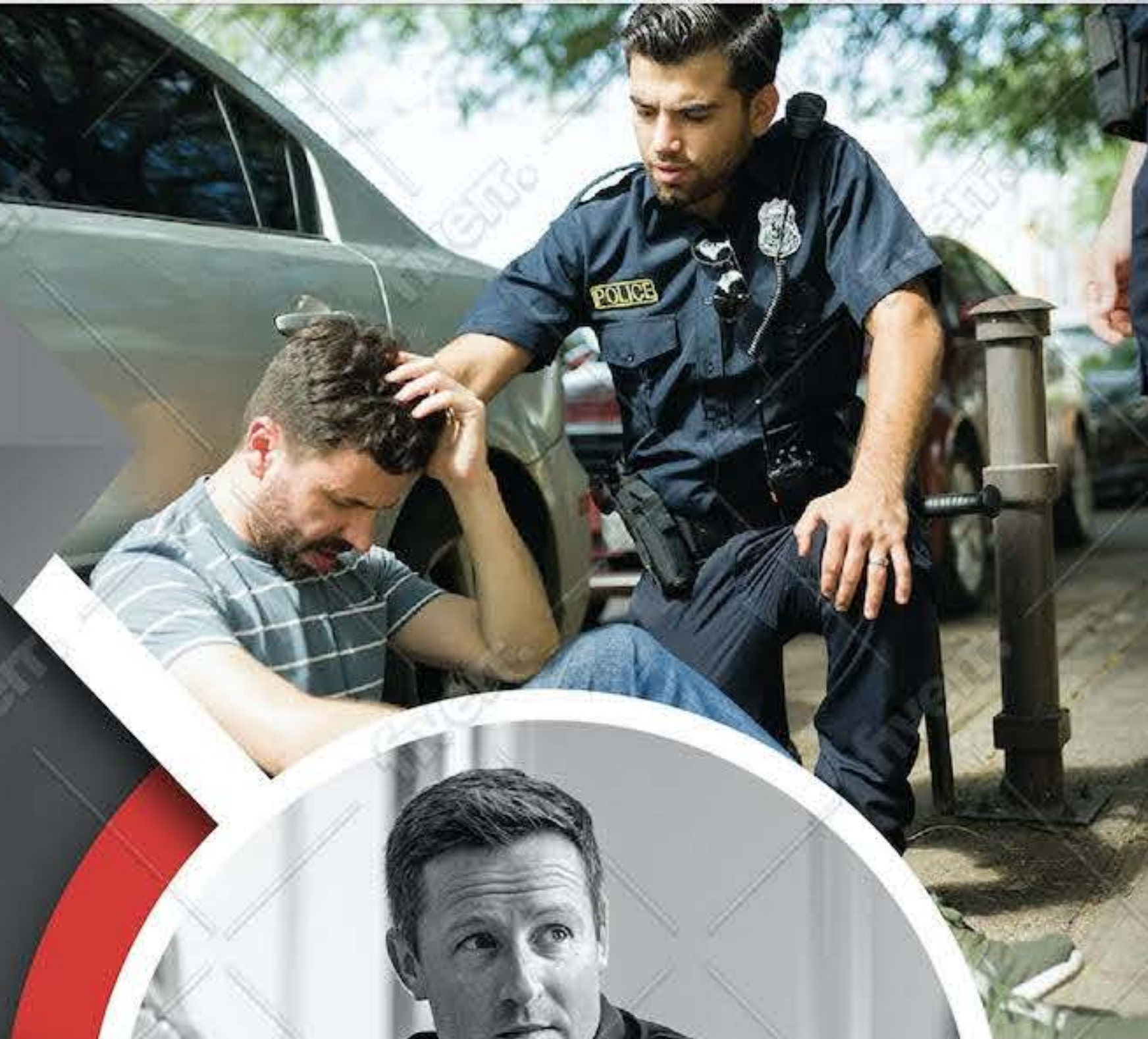
- ✓ A specialized training course designed for law enforcement, first responders, and security professionals focusing on mental health crisis intervention and resiliency.
- ✓ Designed for high-stress environments requiring compassionate and effective mental health support.
- ✓ Provides practical skills to recognize, respond to, and support individuals experiencing mental health crises.
- ✓ Instructed by licensed mental health professionals, accredited instructors, and law enforcement experts with extensive experience in crisis intervention.

COURSE CURRICULUM:

This course equips participants with the tools to identify and support individuals in mental health crises while building personal resiliency to thrive in high-stress roles. Participants will learn evidence-based strategies to de-escalate crises and promote recovery.

Course Details:

- ✓ **Course Name:** Resiliency 360: Mental Health First Aid and Resiliency
- ✓ **Course Catalog Number:**
- ✓ **Course Duration:**
- ✓ **Target Audience:** Law enforcement, first responders, security professionals, and educational institutions.



KEY TRAINING AREAS:

- ✓ **Mental Health Awareness** – Understanding common mental health conditions, including anxiety, depression, PTSD, and psychosis.
- ✓ **Crisis Recognition & De-escalation** – Identifying signs of a mental health crisis and using verbal de-escalation techniques to manage situations safely.
- ✓ **Support & Referral** – Providing immediate support and connecting individuals to appropriate mental health resources.
- ✓ **Self-Care & Resiliency** – Strategies for building personal resilience, managing stress, and preventing burnout in high-stress professions.
- ✓ **Legal & Ethical Guidelines** – Overview of legal responsibilities and ethical considerations when intervening in mental health crises.

This intensive training equips participants with the knowledge and skills to support individuals in crisis, promote recovery, and maintain their own mental well-being in demanding roles.

IMPORTANT NOTES:

- ✓ This class has been cataloged by the Council on Law Enforcement Education and Training for hours of mandatory continuing education credit.
- ✓ Regarding any law enforcement concepts, practices, methods, techniques, products, or devices as might be taught, promoted, or otherwise espoused in outside schools or seminars, there is no intent, expressed or implied, that listing the course in the CLEET Course Catalog conveys 'CLEET approval' of such concepts, unless explicitly stated.

CONTACT US:

Enroll Now! Secure Your Spot
in the Next Training Session!

☎ 512-740-2424

✉ Info@alphapointusa.com

🌐 alphapointinternational.com