

SAFLEO

COURSE CATALOG



The National Suicide Awareness for Law Enforcement Officers (SAFLEO) Program is a wide-ranging suicide prevention and awareness initiative that addresses the unique risks officers face and provides critical support for law enforcement agencies, personnel, colleagues, and support systems. Through training, direct agency assistance, and resources, this multifaceted program empowers law enforcement officers at all levels to cultivate healthy organizational cultures, emboldens them to strengthen and improve themselves, and equips them with practical skills to build resilient, high-performing teams. The SAFLEO Program emphasizes that officer wellness requires the same priority as tactical training, recognizing that prioritizing mental health and suicide prevention at every organizational level can be the difference between life and death.



In-Person Training

Building a Culture of Wellness

See the Signs, Lead the Change—Suicide Prevention Through Leadership

Law enforcement leaders play a pivotal role in setting the tone and shaping the culture of their organizations. This 4-hour workshop empowers law enforcement leaders with practical, actionable strategies to foster healthy, high-performing, and resilient organizations. Addressing the unique challenges faced by law enforcement agencies, this event delivers essential insights and tools to strengthen trust, enhance engagement, and promote wellness. Leaders will learn how to implement effective approaches that support both organizational resilience and individual growth.

Creating Resilient Law Enforcement Teams

Lead Teams, Prevent Suicide—Building Bonds That Save Lives

Passionate and engaged teams drive successful law enforcement operations. This interactive 8-hour workshop focuses on team-building strategies useful at all levels of the organization. Learn practical strategies to foster healthy relationships, positive team dynamics, and effective leadership.

Enhancing Your Personal Resilience

From Stress to Strength—Suicide Prevention Through Wellness

Law enforcement professionals face unique, high-stress challenges, often resulting in a negative impact. This interactive 8-hour workshop equips officers with proactive strategies to manage high levels of chronic stress, build resilience, and strengthen overall wellness.

Train-the-Trainer Workshop

Be a Champion on the Front Lines of the Fight Against Suicide

This highly interactive 2-day course will give agency trainers the data, evidence-based strategies, supporting research such as positive psychology, instructional design principles, and resources for continued professional development. This workshop will enable your trainers to support the agency's program and encourage and effect behavioral and organizational culture change.

Stay Crisis Ready. Enroll at No Cost!

SAFLEO courses are offered at no cost to state, local, and tribal law enforcement agencies. Each course delivers in-depth information through practical demonstrations, interactive exercises, and facilitated discussions focused on officer safety. To register for upcoming trainings, access officer wellness and safety resources, or contact us, scan the QR code or visit safleo.org.



Resource Library

SAFLEO's comprehensive Resource Library is designed to support officer wellness and resilience. Browse our publications, including actionable plans and practical guides to help agencies implement effective wellness strategies. Check out our posters, featuring health tips and wellness reminders, available for download or order at no cost to your agency. Catch up anytime with our on-demand web events and podcasts, where real officers share powerful stories, challenges, and lessons learned—providing practical insights for the law enforcement community.

Online Training

SAFLEO offers online trainings that cover a range of topics and issues facing law enforcement, including the importance of mental wellness, stress risk factors, personally destructive behaviors, and more.

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Virtual Training

Some SAFLEO virtual trainings have hybrid training opportunities, which use an online asynchronous format to deliver content concluding with a scheduled live virtual event to emphasize skill-building or engage in group discussion.

Executive Leadership Virtual Training

This training is a virtual, self-paced course that concludes with a live roundtable event. During this training, executives will discover the underlying causes of suicide, identify solutions to overcome the stigma of help-seeking, identify protective factors that promote strength and resilience, and develop an action plan specific to your agency.

Leadership and Supervision Virtual Training

If you are in a leadership or supervisory position, you are an influencer within your agency. You are a role model for those under your charge. During this highly interactive 4-hour training, you will have the opportunity to exchange ideas, strategies, and best practices and create individualized action plans.

Line Officer Virtual Training

Did you know that law enforcement officers are at greater risk for suicide than the general population due to the unique stresses of their jobs? Although all law enforcement officers are exposed to this stress, much can be done to mitigate its effects. During this 4-hour training, you will gain a deeper understanding of factors that contribute to suicide, learn to recognize warning signs in yourself and others, focus on ways to build resilience, and explore options for treating any unresolved stress.

Train-the-Trainer Virtual Workshop

This highly interactive workshop will enable established instructors to support their agencies' officer wellness and suicide prevention programs and to encourage and effect behavioral and organizational culture change. Participants will also have the opportunity, during the live roundtable event portion of the training, to hone their instructional skills by facilitating a portion of the SAFLEO Line Officer Training using the research-based strategies learned during the self-paced portion of the training.*

** To attend this workshop, registrants must have previously attended at least one SAFLEO course.*

