



# PROGRAM GUIDE

The National Suicide Awareness for Law Enforcement Officers (SAFLEO) Program is a suicide prevention and awareness program focusing on occupational risks and support for law enforcement agencies, colleagues, families, and friends. Agencies must give officer wellness the same level of attention as tactical training. But this is more than just an agency responsibility: we all must prioritize this issue—it could mean the difference between life and death.

# SAFLEO Program

## Program Overview

The Bureau of Justice Assistance (BJA) believes that the law enforcement community deserves better access to officer wellness resources and suicide prevention strategies. The SAFLEO Program addresses law enforcement suicide prevention strategies through providing training, technical assistance, and resources to law enforcement agencies, staff, and families.

## Mission

The mission of the SAFLEO Program is to raise awareness, smash the stigma of help-seeking, and reduce and prevent law enforcement suicide.

## How Are We Achieving Our Mission?

### The SAFLEO Program:

- Incorporates innovative learning and interactive training to encourage healthy behavior change and resiliency.
- Provides imagery-driven visuals and interactive training.
- Reinforces concepts through online learning opportunities.
- Utilizes the latest research in suicide ideation, causes of officer suicide, and more.
- Collaborates with organizations that share a common interest to remove stigmas associated with help-seeking.
- Uses experienced law enforcement practitioners and culturally competent clinicians to identify help-seeking strategies, tips, and techniques.

## Major Causes of Officer Deaths 2022

Suicide<sup>1</sup>

169

COVID-Related<sup>2</sup>

70

Firearm-Related<sup>2</sup>

64

Traffic-Related<sup>2</sup>

56

1 Bluehelp.org: Blue H.E.L.P. (2023, April 12). The Numbers - Blue H.E.L.P. Blue H.E.L.P. <https://bluehelp.org/the-numbers/>.

2 National Law Enforcement Memorial and Museum. (2023, March 17). Latest Fatality Reports - National Law Enforcement Officers Memorial Fund. National Law Enforcement Officers Memorial Fund. <https://nleomf.org/memorial/facts-figures/officer-fatalities-by-state/latest-fatality-reports/>

# What We Offer

## Suite of Training Courses

The SAFLEO Program offers both virtual and in-person training. For times when in-person training is not feasible, virtual training opportunities exist. The virtual modality offers a series of self-paced lessons and concludes with a scheduled, live forum to address specific needs. The in-person training opportunities allow agency staff to gather to collaboratively participate in group activities, facilitated discussions, and self-assessment assignments. All virtual and in-person trainings are certified by the International Association of Directors of Law Enforcement Standards and Training (IADLEST) National Certification Program™.



## Executive Forum

Engage with other concerned law enforcement leaders • Explore the full spectrum of potential organizational solutions • Consider ways to overcome barriers to help-seeking

Suicide prevention starts with you, the law enforcement executive. Attend this forum of law enforcement leaders to dive deeper into policy and strategic planning surrounding suicide prevention and response. Through guided instruction and facilitated discussions, you will learn why health and wellness programs are necessary; review the most common risk factors for suicide; analyze models that explain the outcomes that can result from healthy and unhealthy coping behaviors; explore a variety of solutions both for you and your agency; and through the use of a personal action plan, consider ways for your organization to overcome barriers to help-seeking encountered by your officers.

## Leadership and Supervision Training

Set the example • Get engaged • Bridge the gap between your officers and available resources

Be the agents of change! As mid-level managers and frontline supervisors, you are critical in the fight against law enforcement suicide. Your role is three-fold. First, you set the example by demonstrating healthy coping behaviors and using available resources. Second, you must stay engaged with your officers to encourage healthy behaviors and to detect any potential issues before they become problematic. Finally, you serve as a crucial link between your officers and your agency's suicide prevention-related messaging and resources. In this training, you will engage with other law enforcement leaders to discuss these issues, share your ideas to help combat suicide, and develop a personal action plan that incorporates innovative strategies and valuable resources.

## Line Officer Training

Gain a deeper understanding of risk factors • Recognize warning signs in yourself and others • Explore strategies to promote wellness, mitigate stress, and treat unresolved issues

Did you know that law enforcement officers are at greater risk for suicide than the general population because of 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 training, you will develop innovative strategies that promote health and wellness, discover ways to interrupt unhealthy behaviors and overcome the stigma of help-seeking, discuss how you can provide support to fellow officers, and develop a personal action plan that includes resources you can access to continue your health and wellness journey.

## Train-the-Trainer Workshop

Explore the latest research in suicide risk factors and solutions • Learn instructional design techniques to educate and train your agency • Assist with program implementation

Be a champion on the front lines of the fight against suicide! You are a critical factor in continuing the successful implementation of SAFLEO in your agency. This highly interactive workshop offers an in-depth exploration of the research and resources supporting the SAFLEO Program. In addition, as a trainer, you will have the opportunity to hone your instructional skills by incorporating key points from your pre-class homework assignment into your in-class presentation. By the end of this training, you will have not only the background information needed to support SAFLEO in your agency but also a PowerPoint presentation with talking points that you can use to continue the training process within your own agency.

## Resources on SAFLEO.org

In 2022, the SAFLEO Program launched the SAFLEO website, [safleo.org](https://safleo.org). The website houses resources for law enforcement agencies, officers, and their families, as well as provides information and registration for training events.



## Technical Assistance

We know that unexpected deaths bring a host of family and agency decisions. The SAFLEO Program can help ensure that agency leaders are prepared should a tragedy occur. We can collaborate with you to create a customized plan, at no cost to your agency, that addresses officer wellness, suicide awareness and prevention efforts, and recovery strategies. We have an experienced cadre of subject-matter experts that includes law enforcement leaders, culturally competent clinicians, and other professionals. For assistance, send a message via the Contact Us page on the SAFLEO website at [safleo.org](https://safleo.org), email us at [info@safleo.org](mailto:info@safleo.org), or scan the QR code with your smartphone.



### BJA is building this essential program by bringing together these strategic partners:

- American Association of Suicidology
- Institute for Intergovernmental Research
- Major Cities Chiefs Association
- National Law Enforcement Officers Memorial Fund

SAFLEO closely collaborates with the National Consortium on Preventing Law Enforcement Suicide, BJA's second critical program in its work to reduce and prevent law enforcement suicide. SAFLEO uses the Consortium's findings and outcomes to ensure that the latest information and strategies in suicide prevention are being addressed in SAFLEO's curriculum and resources.

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Suicide & Crisis Lifeline  
Call **988**

Crisis Text Line  
Text **BLUE to 741741**

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