

## LINE OFFICER TRAINING: STAYING HEALTHY AND RESILIENT

#### **SPONSORED BY**

U.S. Department of Justice, Bureau of Justice Assistance

HOSTED BY United States Attorney's Office, Eastern District of Arkansas

# OCTOBER 19, 2021 VIRTUAL EVENT

## **GRANT-FUNDED**



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### Did you know

that law enforcement officers are at greater risk for suicide than the general population due to the unique stressors of their jobs? During this training, as law enforcement officers, 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
  - Develop a personal action plan that includes resources that you can access to continue your health and wellness journey



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