

SEHG IN-PERSON WORKSHOP SERIES

Mental Health for Public Safety

Instructor-Led Workshop · Facilitator Kit

Complete facilitator kit for delivering the SEHG Mental Health for Public Safety workshop on site — training manual, instructor guide, slides, icebreakers, quick-reference sheets, and completion certificates.

WHAT'S IN THIS KIT

01 · Training Manual (participant workbook)

02 · Instructor Guide (facilitator script & timings)

03 · Icebreakers & Activities

04 · Presentation Slides

05 · Quick Reference Sheets (takeaway)

06 · Certificate of Completion

SEHG-MH-101 · IN-PERSON WORKSHOP KIT

synergyeducationholdings.com

Mental Health for Public Safety

SYNERGY EDUCATION HOLDINGS GROUP · IN-PERSON WORKSHOP SERIES

About This Workshop

Recognize, respond to, and de-escalate mental-health situations in the field — and strengthen your own wellness and resilience as a responder. Audience: Police, fire, EMS, dispatch, and corrections officers. This is a professional-development and awareness course. It is not clinical treatment, diagnosis, or therapy, and it is non-diagnostic. If you or someone you know is in crisis, call or text 988 (Suicide & Crisis Lifeline) or contact local emergency services (911). Final assessment pass threshold: 80%.

Recognize, respond to, and de-escalate mental-health situations in the field — and strengthen your own wellness and resilience as a responder.

Workshop Objectives

- Explain common mental-health conditions in plain language
- Identify observable signs of acute mental-health crisis
- Apply time-distance-cover to slow an encounter down
- Adapt approach for youth, veterans, and older adults
- Recognize signs of cumulative stress and burnout in yourself and peers
- Map local crisis-system options beyond arrest or ER

Format & Delivery

- Instructor-led session, delivered on site or SEHG-hosted
- Includes participant workbooks, activities, and takeaway reference sheets
- Every participant receives an SEHG Certificate of Completion
- Pairs with the SEHG online Mental Health for Public Safety course for pre-work and reinforcement

Preparing & Delivering the Workshop

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Before the Workshop

- Review the Instructor Guide end to end — timings, scripts, and activity setup
- Print one Training Manual and one Quick Reference Sheet per participant
- Load the Presentation Slides and test the projector, audio, and clicker
- Choose 1–2 icebreakers from the kit that fit the group size and room
- Prepare blank Certificates of Completion for sign-off at close

Checking Out the Venue

- Adequate seating with clear sight lines to the facilitator and screen
- Projector compatibility, cables, and extension cords tested in advance
- Lighting that lets participants see you, their notes, and the screen
- Space for group activities, plus a table for handouts and materials

Closing the Session

- Recap the workshop objectives and each participant's key takeaway
- Distribute the Quick Reference Sheet as the on-the-job takeaway
- Present the SEHG Certificate of Completion to each participant
- Point participants at the paired SEHG online course for reinforcement

Book this workshop

Contact your SEHG program advisor to schedule this workshop for your team, or add it to any SEHG learning program as the in-person option.

SYNERGY EDUCATION HOLDINGS GROUP

Certificate of Completion

This certificate is proudly presented to

for successfully completing the SEHG in-person workshop

Mental Health for Public Safety

Awarded this ____ day of _____, 20__

Facilitator Name & Title



Synergy Education Holdings Group