

# **Mental Health Resources Quick Guide for Leaders**

**IACP Officer Safety &  
Organization Wellness Section**

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**TABLE OF CONTENTS**

**Tools and Resources: Guidance for Officers .....3**

**Tools and Resources: Guidance for Agency Leaders.....3**

**Videos and Virtual Events.....4**

The "Mental Health Resources Quick Guide for Leaders," crafted by the IACP Officer Safety & Organizational Wellness Section, serves as a valuable tool for leaders seeking to support the mental well-being of their teams. This comprehensive document provides an insightful overview of mental health resources available on IACPnet.com.

### **Tools and Resources: Guidance for Officers**

- [Identifying and Managing Anxiety in Law Enforcement Officers](#): A succinct 4-page document offers a general description of anxiety, identifying when it becomes problematic, and providing 10 ways to manage anxiety, including Cognitive Behavioral Therapy (CBT) strategies.
- [Identifying Grief and Loss in Law Enforcement](#): A concise 2-page read offering strategies to cope with loss, including five suggestions for managing grief and additional resources.
- [Mindfulness Toolkit](#): An excellent resource for initiating a mindfulness meditation practice, providing information on its benefits for law enforcement personnel, guided mindfulness meditations, and practical tips on starting and maintaining a mindfulness practice.
- [Preventing Problematic Alcohol Use among Police](#): An easy-to-read document offering suggestions to avoid problematic alcohol use, including self-assessment questions and guidance on approaching a colleague with an alcohol problem.
- [Overcoming Cumulative Stress and Burnout](#): A quick resource addressing stress, cumulative stress, burnout, frustration, and exhaustion, presented in infographic format with coping strategies.
- [Vicarious Trauma Toolkit](#): A comprehensive resource covering vicarious trauma for various law enforcement roles, with assessments, surveys, and a range of tools for organizational readiness and strategies.

### **Tools and Resources: Guidance for Agency Leaders**

- [Addressing Law Enforcement Mental Health](#): A detailed 4-page resource providing stepwise directions for developing a mental health and wellness program, incorporating resources from IACP and the Bureau of Justice Assistance. Includes hyperlinks for more detailed information.
- [Agency Assessment Tool and Action Planning Roadmap](#): A 10-step guide for building a comprehensive officer health and wellness program, featuring a checklist and survey for easy administration.

- [Identifying Grief and Loss in Law Enforcement](#): A brief overview of the potential to experience grief over an officer's career, addressing critical incidents and retirement. This concise 2-page read offers strategies for interventions and includes five suggestions for managing grief, along with additional resources.
- [Preparing for the Unimaginable: How Chiefs Can Safeguard Officer Mental Health Before and After Mass Casualty Events](#): A 162-page handbook, albeit dated 2016, offering insights and case studies for chiefs on safeguarding officer mental health before and after mass casualty events.
- [Preventing Problematic Alcohol Use among Police](#): A compact, easy-to-read document written for leadership on alcohol abuse, featuring agency messaging. It serves as a nice one-pager that agencies can prominently display.
- [Overcoming Cumulative Stress and Burnout](#): A quick resource addressing stress, burnout, frustration, and exhaustion, presented in infographic format with coping strategies. It is a compact, easy-to-read document written for leadership on cumulative stress and burnout. Agencies can display this as a concise one-pager.
- [Implementing Peer Support Services in Small and Rural Law Enforcement Agencies](#): Outlines considerations and action steps for small agencies to establish peer support services, featuring a 10-step process, policy recommendations, case studies, and a resource list.
- [What Does Wellness Look Like? Academy Curriculum Flyer](#) : A curriculum with flyers and presentation slides for wellness training in academies.

### **Videos and Virtual Events**

- [Grief & Loss in Law Enforcement: Helping Officers and Agencies Recover and Heal](#): A 53-minute video addressing grief and loss, presented by experts, providing valuable insights for officers and agencies.
- [Mindfulness Strategies for Law Enforcement Webinar](#): Four 30-minute webinars building on each other, covering mindfulness strategies, the window of tolerance, and practical implementation in day-to-day life.
  - [Mindfulness Strategies for Law Enforcement Webinar Part 1](#)
  - [Mindfulness Strategies for Law Enforcement Webinar Part 2](#)
  - [Mindfulness Strategies for Law Enforcement Webinar Part 3](#)
  - [Mindfulness Strategies for Law Enforcement Webinar Part 4](#)

## Title of Paper

- [Understanding Grief Strategies for Coping with Tough Losses](#): A short video offering an introductory lesson on grief, including types, stages, emotions, and coping strategies.



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