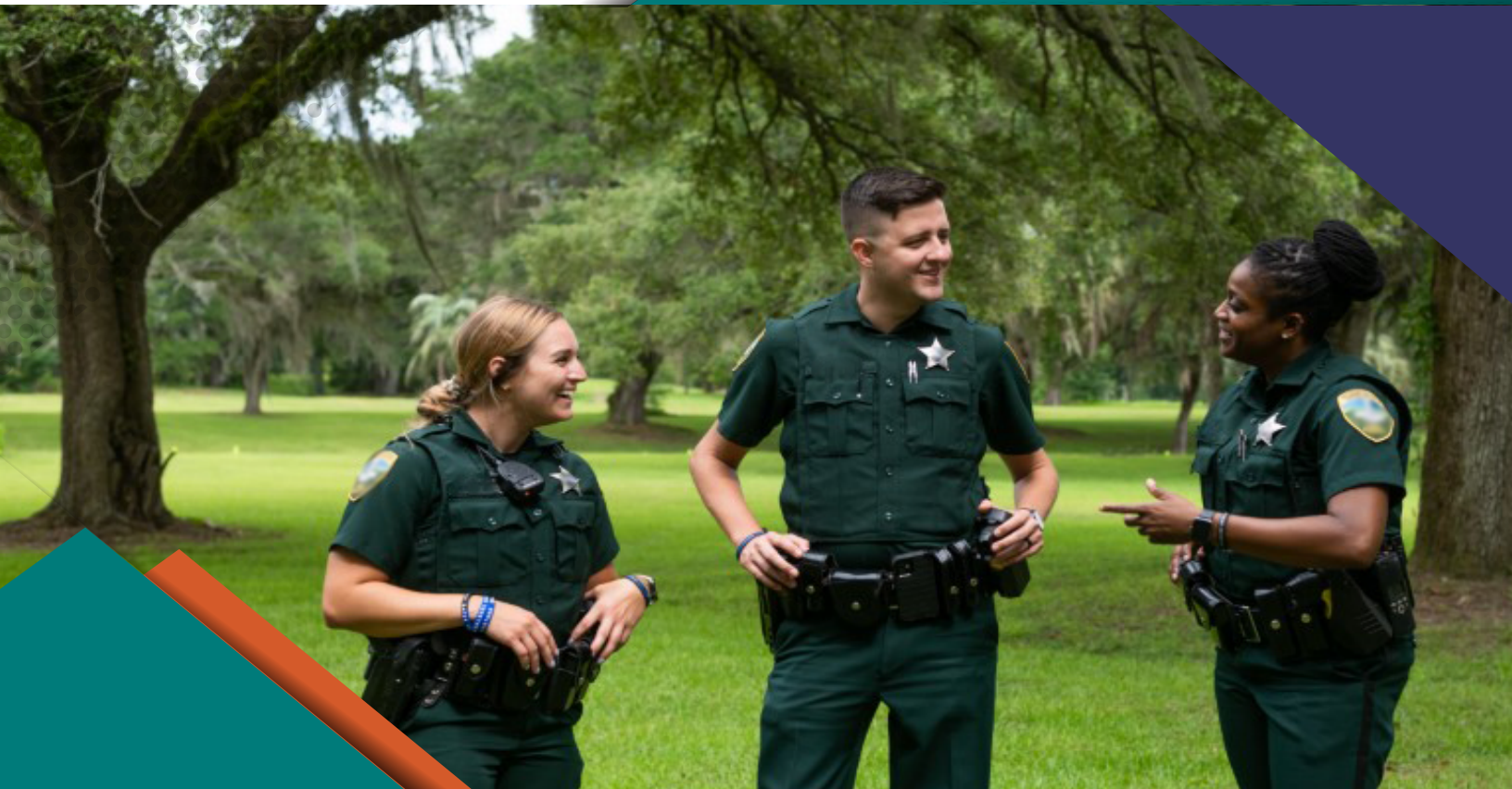




The National Suicide Awareness for Law Enforcement Officers Program



PROGRAM GUIDE

The National Suicide Awareness for Law Enforcement Officers (SAFLEO) Program provides life-saving training, relevant resources, and direct agency assistance to law enforcement agencies across the country. First and foremost, SAFLEO tackles one of the leading causes of death in law enforcement officers: suicide. By starting from the inside out, SAFLEO builds more resilient, high-performing individuals by motivating them to strengthen themselves every day. SAFLEO's goal is to ensure that officers feel supported and prepared for the field. 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.

SAFLEO Program

Program Overview

The law enforcement community deserves access to the best officer wellness resources and suicide prevention strategies. The SAFLEO Program addresses law enforcement suicide prevention strategies through one-of-a-kind training; customized agency assistance; and resources to law enforcement agencies, staff, and families.

Mission

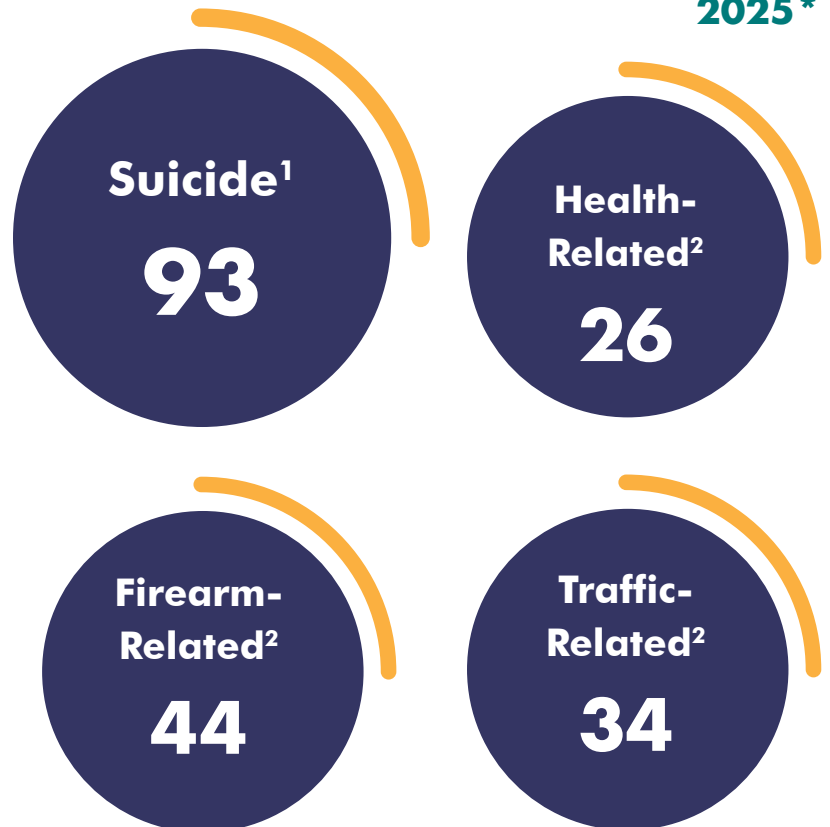
To raise awareness, break down barriers to help-seeking, and reduce and prevent law enforcement suicide

How We Achieve Our Mission

The SAFLEO Program:

- Incorporates innovative learning and interactive training to encourage healthy behavior change and resiliency.
- 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 2025*



¹ Bluehelp.org: Blue H.E.L.P. (2025, January 14). The Numbers—Blue H.E.L.P. Blue H.E.L.P. <https://bluehelp.org/the-numbers/>

² National Law Enforcement Officers Memorial Fund. (2025, January 14). 2025 End-of-Year Law Enforcement Officers Fatalities Report. *Data obtained is subject to change due to law enforcement suicide reporting limitations. https://nleomf.org/wp-content/uploads/2026/01/2025-EOY-Fatality-Report-RGB_FINAL.pdf

What We Offer

Suite of Training Courses

The SAFLEO Program offers both in-person and virtual training. For times when in-person training is not feasible, virtual training opportunities exist. The in-person training opportunities allow agency staff to gather to collaboratively participate in group activities, facilitated discussions, and self-assessment assignments. The virtual modality offers a series of self-paced lessons and concludes with a scheduled, live forum to address specific needs.

In-Person Trainings

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 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 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 workshop equips officers with proactive strategies to manage high levels of chronic stress, build resilience, and strengthen overall wellness.

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 to continue the training process within your own agency.

Virtual Trainings

Executive Forum

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.

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Leadership and Supervision Training

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 threefold. 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

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

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Resources on SAFLEO.org

The SAFLEO website, safleo.org, offers resources for law enforcement agencies, officers, and their families, along with information and registration for training events.



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Agency Assistance

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

Suicide & Crisis Lifeline: Call **988**

Crisis Text Line: Text **BLUE to 741741**

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