

POPPA CARES ALERT

Every year a number of New York City Police Officers take their own lives. In 2012, 8 New York City Police Officers committed suicide.

The hard reality of law enforcement is that police officers are more likely to be a victim of suicide than of homicide. Police Officers committed suicide at a rate that is at least twice that of the general population. This is unacceptable!

Some high risk factors include

- *Access to firearms
- *Job Stresses
- *Relationship Problems
- *Exposure to trauma & death
- *Alcohol use
- *Public mistrust

POPPA is committed to preventing suicide. The newest phase of our suicide prevention effort is to educate as many police officers as possible to identify signs and symptoms that may be displayed by someone who is suicidal. We want you to watch out for your partners, we want you to know how to react to someone who is displaying signs or symptoms of suicide. As a part of this effort POPPA will be offering a Two day Asist training to any NYPD officer and their family members for Free.

Course Description— The Applied Suicide Intervention Skills Training (ASIST) workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. A caregiver can be anyone, professional; Paraprofessional or concerned individual, who is interested in reducing suicide. Over 950,000 caregivers have received this training. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills needed for suicide first aid. ASIST is a two-day (15 hours) intensive, interactive and practice-dominated course designed to help caregivers recognize risk and learn how to intervene to prevent the immediate risk of suicide. A certificate of completion will be issued. To learn about the Asist program go to www.livingworks.net.

The following training dates are available; additional dates will be added.

Mon June 24 & Tues June 25th 8:30 - 4:30

Mon July 22nd & Tues July 23rd 8:30 -4:30

Tues Aug 27th & Weds Aug 28th 8:30-4:30

Mon Sept 30th & Tues Oct 1st 8:30 -4:30

All training will be held at the POPPA office located at: 32 Broadway New York, NY 10004

To register please call 212-298-9111 ext. 224