



# How to Help a Cop in IMMEDIATE Emotional Crisis

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*Tues., Nov. 1*

*10AM – Noon Central*

*This is a free online program compliments of Calibre Press & Vector Solutions*

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ALL registrants, will receive a link to a recording of the program.  
There are no certificates associated with this presentation.*

Do you know what to do when a fellow officer is in immediate emotional crisis...when you know some kind of intervention needs to occur now? You simply can't leave him or her alone. What do you do?

Officers in crisis might say something that indicates they're literally at the end of their rope, that life is not worth it anymore.

Some may say nothing, but they have a distant "look" that raises major red flags.

Others may show unexpected, intense emotion, suddenly bursting into tears for no apparent reason or over something clearly inconsequential, obviously reflecting some deep inner distress. But after the momentary breakdown, they may quickly suppress the emotion, minimize it...maybe just laugh it off...and move on with your conversation as if nothing happened. Don't take this lightly!

While thankfully a lot of attention has been paid to signs that can help you recognize when psychological trouble is brewing, there is not a lot available for teaching officers what to do once they clearly realize an officer is in serious crisis.

**At the end of this 2-hour training course, Board Certified Traumatic Stress Expert Nick Greco, a frequent presenter on first responder emotional health, will teach you how to:**

- **Recognize the ways to tell that an officer is in an "immediate need" situation.**
- **Discuss what to say—and what not to say—to an officer in crisis.**
- **Identify and implement the actual steps to take such as: What to do while you're with an officer. Who to call. When to get others involved. What to say and to whom. When and what you can discuss with or without the officer's permission.**
- **Discover what to do if the officer gets angry with you for being an "annoyance."**
- **Emphasize how to take care of yourself if things end poorly even after you've done all you can do.**