

EVERYONE NEEDS BACKUP

Ontario's police personnel play a critical role in safeguarding our communities by maintaining order, saving lives and responding to emergencies, often at great personal risk. While it's a duty they are dedicated to upholding, exposure to trauma can take a significant toll on their mental health and well-being.

FACTORS FACING ONTARIO'S SWORN AND CIVILIAN POLICE PERSONNEL

THE SITUATION

1/5

One in five first responders will develop PTSD in their lifetime.

30%

Nearly 30 per cent of all first responders will have suicidal thoughts.



Every week, at least one first responder in Canada takes their own life.

WHAT RESOURCES ARE AVAILABLE?



PTSD is a workplace injury sustained like any other, except it's not always visible and doesn't heal easily.



Resources, like 24/7 peer support networks and anonymous hotlines, are available on the PAO's website at www.pao.ca/EveryoneNeedsBackup

WHAT CAN YOU DO?



Share the resources.



Be a local champion.



If you see/hear the signs or know someone is suffering – listen.

WHAT IS THE PAO DOING?

Community safety is our top priority, and that means ensuring police personnel have the resources they need to manage the realities of their job. The PAO continues to build awareness of this issue and actively advocate for its members by calling on all levels of government to dedicate specific resources and funding towards the mental health and wellness of Ontario's police personnel that focus on awareness, prevention, intervention, and return to work strategies.

Together, we can ensure that those who help others get the help they need when they need it because no one should be left behind. This is why the PAO is calling for:

Provincial support through defined mental health care programs designed specifically for all Ontario police personnel

Unlimited psychological care for personnel within municipal jurisdictions

Mental health literacy and resilience training for all members along with their families and personal support networks