

PTSD –Let's Talk About it.

Friday, May 12th | 3:00 PM

PTSD –LET’S TALK ABOUT IT.

Cpl. Ashley Wilson, Gwinnett
County Police Department

Lora Setter, League of MN Cities
Insurance Trust





Georgia officer fatally shot while investigating suspicious vehicle. Authorities charged one teen, while the second was killed after he attacked police with a lawnmower blade.

Duty Death: Antwan Toney
End of Service: 10/20/2018



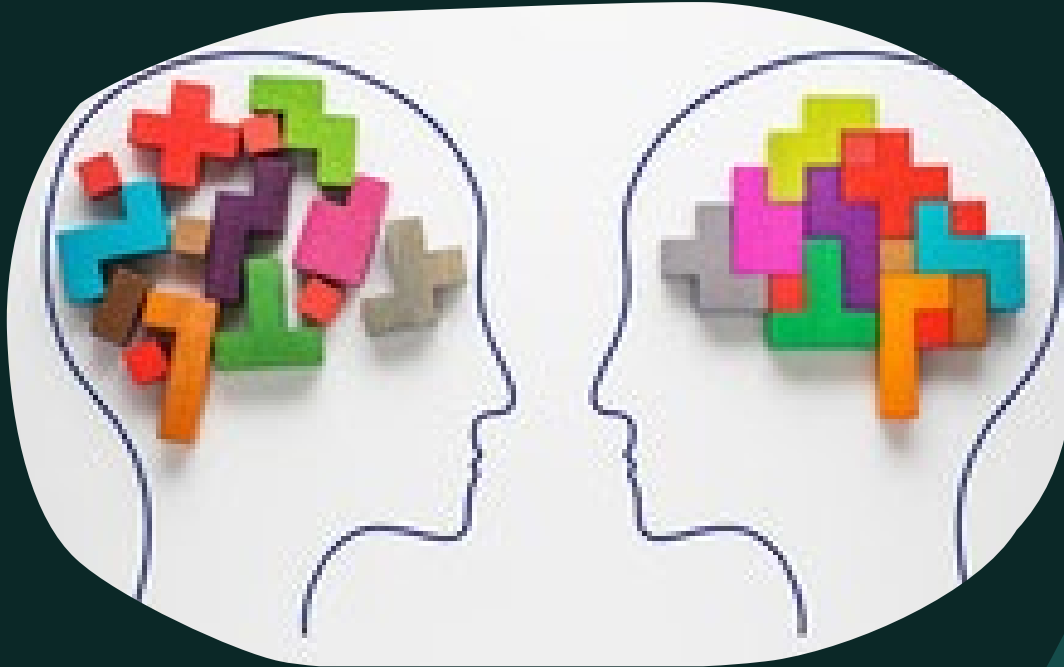


Thank you for your
service Officer Toney!

Ashley's Story...



Normalizing the conversation:



- Peer Support.
- Leaders talking openly about mental health.
- Leaders sharing their struggles.

PREVENTION

- Prioritize Mental Health
- Promote Self–Care.
- Invest in Mental Health Awareness and Stress Management Training.



PTSD IT'S TREATABLE



LMC

LEAGUE of
MINNESOTA
CITIES



Call to Action

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- Talk about mental health as you would physical health.
- Promote self-care through shift schedules and workplace wellness initiatives. (include families)
- Know that PTSD is Treatable!