



**SIDNEY POLICE DEPARTMENT
234 W. COURT ST.**

Mental Health training

MAILING ADDRESS

Municipal Building – 201 W. Poplar Street - Sidney, Ohio 45365
Phone: 937-498-2351 Fax: 937-498-8129

Sidney Police Department

Professionalism - Integrity - Courage - Compassion



First Responders Well Being

Many First Responders expose themselves to a great deal of stress in order to meet the needs of the community. You may feel responsible for everything that happens at the scene, even if things are clearly out of your control. Chronic stress at work plus an emotionally charged environment can lead to a state of exhaustion and irritability. Since September 11, 2001 there has been a greater awareness to Post Traumatic Stress Disorder within the first responder community. As a first responder, your emotional well-being is just as important as your physical health.

The Sidney Police Department is proud to work in conjunction with local Psychologist Dr. Jacqueline Allen to help provide information about PTSD and other stressors that first responders have to deal with. Dr. Allen has worked with the Ohio Department of Corrections and Wright Patterson Air Force base on issues related to law enforcement and also PTSD. Ms. Allen has agreed to present a two hour block on what the signs of PTSD and other mental stressors are and what can we do to reduce them throughout our career or get help for them if needed.

We will be hosting two sessions. The first is on November 10th from 1230 to 230 and the second will be on November 17th from 1530 to 1730 hours. Please RSVP to Chief Balling at wballing@sidneyoh.com if you are interested in coming. Space is limited.

**Chief William Balling
Sidney Police
Department**

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