



# Strengthening Public Safety Communities Through Peer Support Training and Certification

Public safety personnel frequently face high-stress situations, traumatic events and unique workplace challenges that can significantly impact their mental health and overall wellbeing.

Having a well-trained peer support team can make a significant difference in how your personnel will handle these situations.

Lexipol's Cordico Peer Support Training and Certification membership leverages industry-leading best practices and adheres to national guidelines to ensure your peer teams are comprehensively equipped to offer proactive, reactive and post-incident support. With a strong foundation in ethical and legal standards, our membership is tailored to empower both new and established peer support programs with excellence in service and support.

With this membership, participants will take a proactive approach to their peer support training. They will become empowered advocates for their peers, significantly bolstering the collective mental health and resilience of their departments.

## KEY FEATURES



24/7 access to online learning, allowing your peer support members to train when it's convenient



25 hours of core curriculum for certification, plus numerous hours of CEU advanced training through live webinars with subject matter experts



Training certificates upon course completion with digital badge



Reports to help you monitor and track training completion and certification renewal



Peer Support Toolkit that provides essential resources and knowledge, tailored to first responders

## Benefits of a well-trained peer support team



### Improve Mental Health Outcomes

Mutual support, understanding and shared knowledge helps identify risk factors and improve mental health outcomes, including suicide prevention.



### Reduce Stigma

Engaging with peers can help reduce the stigma associated with seeking help for mental health issues and workplace stressors.



### Foster a Culture of Wellness

Peers have a greater understanding of each other's experiences and, through empathy and rapport building, can foster a culture of wellness.



### Increase Trust and Openness

The bond formed in peer support settings can foster a level of trust that is not easily achieved, encouraging individuals to be open about difficult experiences.



### Provide Practical Support

Peer supporters are equipped to provide practical advice and can connect peers to agency wellness initiatives and outside professional resources.



### Empower Your Team

Peer support encourages individuals to take control of their well-being, boosting self-confidence, hope and control, and increasing engagement in self-care and wellness.



of public safety personnel have experienced symptoms related to mental health conditions

## Courses will include

- Suicide Prevention, Intervention & Postvention
- Moral Distress & Moral Injury
- Peer Support Self-Care & Wellness
- Substance Misuse & Addictions
- Supporting Peers Through Grief & Loss
- Family & Support Systems Considerations
- Peer Support Overview
- Stress & Trauma
- Supporting Military & Veteran Personnel
- Peer Counseling Techniques
- Normalizing Mental Health Challenges
- Managing Anger, Frustration & Annoyance