

Law enforcement agencies around the nation, including LASD, have developed training on ways to deal with individuals with mental illness. Tips from that training include:

**Have Time, Go Online-Visit**  
**[www.HealthyCity.org](http://www.HealthyCity.org)**

Hours: Online, anytime  
Referrals specific to your zip code

# **LASD**Cares

**Need Help  
with Mental  
Illness?**



- *Speak calmly and quietly.*
- *Keep a reasonable distance. Remember your personal safety.*
- *Do not take the individual's strong language personally.*
- *Respond to rage with quiet reassurance. Slow down the pace.*
- *Be willing to repeat yourself.*
- *Listen carefully and do not interrupt. Be respectful.*
- *Do not challenge the individual. Make no sudden moves.*
- *Do not try to hurry the resolution.*
- *Be patient and take your time.*



*Los Angeles County*  
**Sheriff's Department**

211 West Temple Street  
Los Angeles, CA 90012

**[www.lasd.org](http://www.lasd.org)**

**Pocket Planner**  
*Dealing With Mental Illness*