

Proactive Annual Check-in

Elements of the Law Enforcement Proactive Annual Check-In:

1. Annual visit with the police psychologist, a member of the Peer Support Team, or other available support resource
2. Confidential meeting that does not initiate any record
3. No evaluation - It's a check-in, not a check-up
4. There does not need to be a problem
5. It's a discussion of what's happening in your life
6. Participation is voluntary and encouraged



Maintain Positive
Mental Health

**Make your
Proactive Annual Check-in
appointment today!**

