







Karnataka State Police & Rajiv Gandhi University of Health Sciences

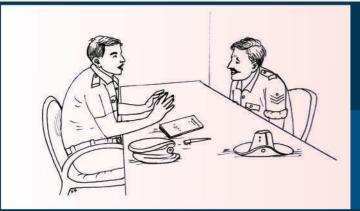
PROMOTING MENTAL WELL-BEING OF POLICE PERSONNEL DURING COVID - 19

Being a law enforcement personnel and first responder, it is of utmost importance to protect your **MENTAL WELL-BEING** in this crucial phase of COVID-19 pandemic

'HANDLING VIOLATION OF LAWS TO PROMOTE SAFER COMMUNITIES'

- Know about the people in your area of postings
- Share authentic information and updates and encourage them to stay away from fake news
- Discuss with people about the importance of rules and their benefits





'ADDRESSING WORK RELATED CONCERNS'

- ■Reorganise your routines in order to suit the new nature of work
- Share your concerns with your colleagues to ventilate your feelings
- Meet your supervisors to address grievances if any

'MANAGING FAMILY AND SELF CARE ISSUES'

- Take care of your sleep, diet, rest and self-care needs
- Give accurate and transparent information about your duty timings to your family
- Try spending quality time with your family after work





'DEALING WITH STIGMA'

- ■Stay calm
- ■Talk to peer or superiors
- ■Seek help from mental health professional.

IN CASE YOU NEED ANY HELP