

Self-Talk

Self-Talk is the inner dialog we carry on within ourselves. At times this self-talk is positive and can be referred to a “coach”, and at times this self-talk can be negative and can be referred to as the “critic”.

Here are example situations you may experience in law enforcement, and you can see the difference between the critic vs the coach.

Situation	Critic	Coach
Joe made a mistake.	“I always make mistakes.”	“I made a mistake and we all make mistakes.”
Joe had a difficult day at work.	“Today was tough and you should be stronger than to let it bother you.”	“Today was tough and it is okay that I feel upset about what I went through.”
Joe experienced a traumatic event and is thinking about asking for CISD session.	“I signed up for this job; I need to handle it on my own.”	“It is okay to ask for help, and it may help my colleagues too.”

If you are finding you are hearing more of a “Critic” vs a “Coach”, this may be a great time to reach out for help. Avel wants to help support.

Reach out to your account executive to schedule a time for individual support to get you connected to service or a group CISD session today!

Crisis Care: How it Works

- Law Enforcement receives a call that an individual is experiencing a mental health crisis.
- Law Enforcement responds to the individual.
- Law Enforcement introduces the individual to crisis care tablet or requests a text be sent by the Avel team to any personal device.
- Avel Behavioral Health nurse performs an assessment with the individual and gives recommendation to the responding officer.
- Once encounter is complete, referral is sent to local community health resources for follow-up support with the individual.

To activate
Avel eCare services
for a person in crisis

Call 1-844-250-7302

Save this number by scanning the QR Code below:

