



SAN JOSE POLICE DEPARTMENT

TRAINING BULLETIN

TO: ALL DEPARTMENT PERSONNEL

FROM: Edgardo Garcia
Chief of Police

SUBJECT: CIT Tips – ANXIETY & PANIC

DATE: April 1, 2020

BULLETIN #2020-005

Anxiety Disorders & Panic Attacks

The majority of officers and communications personnel have attended the Crisis Intervention Training (CIT) Academy. Since some personnel have yet to attend and others have not attended recently, the Department is providing periodic information on various mental health conditions. This Training Bulletin is being published in accordance with the 2017 IPA recommendations.

REMEMBER:

Anxiety Disorder: is defined as a mental health disorder characterized by feelings of worry, anxiety, or fear that are strong enough to interfere with one's daily activities.

Panic Attacks are one example of an Anxiety Disorder and are characterized by a period of intense fear or discomfort in the absence of real danger. Panic attacks can be accompanied by physical symptoms including sweating, shaking, shortness of breath, chest pain, and dizziness. Psychological symptoms can include feelings of impending doom and/or a fear of dying.

DO:

- Assure the subject that this is normal and that they are normal.
- Give reassurance that you are present to help.
- Allow the subject time to process what you are saying.
- Encourage slow, deep breathing.

DON'T:

- Don't tell the subject to "calm down".
- Don't talk about any known triggers (this may exacerbate the situation).
- Don't box or crowd the subject in.

RESOURCE CONTACT NUMBERS:

Mission Street Sobering Center
Mental Health Assistance for Adults Who Do NOT Meet 5150 W&I

County MH Services Call Center "CORE"
(To Connect to Available Services)
800-704-0900



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