

## **Improving Our Police Officer's Mental Health, Should Be Our Goal**

Mental health among police officers in the United States is among the contentious issues of the day. Mental illness affects not only the police, but can also affect citizens who are relying on officers to protect and defend them from criminals. Police officer's mental health should therefore, be treated with a lot of concerns to ensure they lead a healthy life as they do their duty and give quality services to the citizenry.

Legislation is one of the best methods that can be used to ensure that the welfare of law enforcement officers is not taken for granted. Such legislation is not likely to see the light of day if the candidates that Americans elect are not passionate about the welfare of police. Therefore, before making any political choice, the mental health of police should come first because their well-being translates to better services provided to all Americans. Voters should also consider electing candidates who have some experience in all matters affecting law enforcement officers, so they can bring their expertise to the legislative body.

The legislation should focus on improvements that aim at making it too difficult for the existence of criminal gangs in US cities because they are among the main reasons behind the deteriorating mental health of police. Walking the streets every day to handle grave criminal cases is not a walk in the park and attempts to reduce crime should be initiated. The legislation should champion harsher penalties among notorious criminals. There should also be an attempt to make Americans understand the critical role that law enforcement officers perform, and why they should be respected. Such moves would ensure that police have fewer cases to handle,

hence decreased instances of mental illnesses for police officers and better service to all Americans.

### **References**

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