



PROGRAMS, ACTIONS AND CHALLENGES IN WELL-BEING AND MENTAL HEALTH AMONG MILITARY POLICE OFFICERS IN BRAZIL

PROGRAMAS, AÇÕES E DESAFIOS NA PROMOÇÃO DO BEM-ESTAR E SAÚDE MENTAL ENTRE OS POLICIAIS MILITARES DO BRASIL

PROGRAMAS, ACCIONES Y DESAFÍOS EN EL BIENESTAR Y LA SALUD MENTAL DE LOS POLICÍAS MILITARES EN BRASIL

BRUNO PATRÍCIO DE AZEVEDO CAMPOS¹

ABSTRACT

This article explores the programs and projects developed by Military Police forces across different Brazilian states aimed at promoting the mental health and well-being of their personnel. Through the National Council of Military Police General Commanders (CNCG), detailed information was requested from all Brazilian Military Police forces regarding initiatives and projects implemented within each institution to prevent suicide and promote the well-being of military police officers. Specifically, the request sought: a) a detailed description of ongoing programs and projects; b) methodologies and approaches utilized; c) results achieved to date; d) challenges faced and solutions implemented; and e) perspectives and future plans for the continuity and expansion of these actions. Of the 27 states consulted, 19 responded, enabling a detailed analysis of initiatives and programs focused on mental health and well-being among military police officers. The initiatives were categorized by region, allowing for a comparison between the different approaches adopted by military police forces nationwide. The results reveal that, despite advancements, challenges such as a lack of policy uniformity and the stigma associated with mental health still compromise the effectiveness of these actions. Greater integration among corporations and national public policies is recommended to strengthen these initiatives.

Keywords: Mental Health. Military Police. Well-being. Preventive Programs. Public Safety.

How to cite this article:

CAMPOS, Bruno
Patrício De Azevedo;
Programs, actions and
challenges in well-being
and mental health
among Military Police
officers in Brazil.

**Journal of Socio-
Environmental Law -
REDIS,**

Goiás – GO, Brasil,
v. 04, n. 01, jan./jul.
2026, p. 49-62.

Submission date:
25/03/2026

Approval date:
13/05/2026

¹ Colonel of the Military Police of the State of Amazonas. Holds a Master's degree in Human Rights from the Federal University of Goiás. Contact e-mail: bruno.azevedo@discente.ufg.br. CV: <http://lattes.cnpq.br/6612758484623284>.



RESUMO

Este artigo explora os programas e projetos desenvolvidos por Polícias Militares de diferentes Estados brasileiros voltados para a promoção da saúde mental e bem-estar de seus efetivos. Foi solicitado, por meio do Conselho Nacional de Comandantes-Gerais PM (CNCG), a todas as Polícias Militares do Brasil informações detalhadas, sobre as iniciativas e projetos implementados no âmbito de cada Instituição, que visam à prevenção do suicídio e à promoção do bem-estar dos policiais militares. Especificamente: a) descrição detalhada dos programas e projetos em andamento; b) metodologias e abordagens utilizadas; c) resultados alcançados até o momento; d) desafios enfrentados e soluções implementadas; e) perspectivas e planos futuros para a continuidade e ampliação dessas ações. Dos 27 Estados consultados, 19 responderam. Permitindo uma análise detalhada das iniciativas e programas voltados para a bem-estar saúde mental entre os policiais militares. As iniciativas foram categorizadas por região, permitindo uma comparação entre as diferentes abordagens adotadas pelas polícias militares em todo o país. Os resultados revelam que, apesar dos avanços, desafios como a falta de uniformidade nas políticas e o estigma relacionado à saúde mental ainda comprometem a eficácia dessas ações. Recomenda-se maior integração entre as corporações e políticas públicas nacionais para fortalecer essas iniciativas.

Palavras-chave: Saúde Mental. Polícia Militar. Bem-Estar. Programas Preventivos. Segurança Pública.

RESUMEN

Este artículo explora los programas y proyectos desarrollados por las Policías Militares de diferentes estados brasileños orientados a la promoción de la salud mental y el bienestar de sus efectivos. Se solicitó, a través del Consejo Nacional de Comandantes Generales de la Policía Militar (CNCG), información detallada a todas las Policías Militares de Brasil sobre las iniciativas y proyectos implementados en el ámbito de cada institución, con el fin de prevenir el suicidio y promover el bienestar de los policías militares. Específicamente, la solicitud buscaba: a) una descripción detallada de los programas y proyectos en curso; b) las metodologías y enfoques utilizados; c) los resultados alcanzados hasta la fecha; d) los desafíos enfrentados y las soluciones implementadas; y e) las perspectivas y planes futuros para la continuidad y ampliación de estas acciones. De los 27 estados consultados, 19 respondieron, lo que permitió un análisis detallado de las iniciativas y programas enfocados en la salud mental y el bienestar de los oficiales de policía militar. Las iniciativas fueron categorizadas por región, permitiendo una comparación entre los diferentes enfoques adoptados por las policías militares en todo el país. Los resultados revelan que, a pesar de los avances, desafíos como la falta de uniformidad en las políticas y el estigma asociado a la salud mental aún comprometen la eficacia de estas acciones. Se recomienda una mayor integración entre las corporaciones y las políticas públicas nacionales para fortalecer estas iniciativas.

Palabras clave: Salud Mental. Policía Militar. Bienestar. Programas Preventivos. Seguridad Pública.

INTRODUCTION

The mental health of military police officers is a topic of growing relevance, considering the adverse impacts of working conditions on the psychological well-being of these professionals. Situations of extreme stress, exhausting shifts, and continuous exposure to risks are characteristics that make police activity highly susceptible to the development of mental disorders, such as anxiety, depression, and Post-Traumatic Stress Disorder (PTSD).

Hof *et al.* (2023) focused their research on psychosocial characteristics, study skills, and quality of life factors associated with recruits' intentions to drop out of Basic Military Training (BMT). To this end, they combined several factors to identify the main causes affecting recruits' intentions to leave BMT; they identified that recruits in higher hierarchical positions, such as Officers, showed a greater intention to drop out than subordinates, in addition to differences related to gender and hierarchy. These factors can be utilized to improve the quality of life of recruits and reduce inequalities in the future.

The studies by Ferreira (2022) and Santos & Souza (2022) highlight the relevance of investigating the illness of military police officers within the work environment. These works emphasize that military police officers are responsible for handling various challenging situations, including the need to maintain public order, which exposes them to a series of risks, such as physical and psychological violence. Furthermore, officers face both actual violence in the exercise of their duties and symbolic violence—which is expressed non-physically but also significantly impacts their mental health and well-being.

In response, several corporations in Brazil have developed programs and projects aimed at promoting mental health and preventing psychological problems. For this article, detailed information was requested through the National Council of Military Police General Commanders (CNCG) from all Brazilian Military Police forces regarding initiatives and projects implemented within each Institution, aimed at suicide prevention and the promotion of the well-being of military police officers. Specifically: a) a detailed description of ongoing programs and projects; b) methodologies and approaches used; c) results achieved to date; d) challenges faced and solutions implemented; e) perspectives and future plans for the continuity and expansion of these actions.

The research goals are descriptive and analytical, with the intent of describing the actions/programs implemented. The documentary analysis seeks to identify best practices, challenges faced, and the need for improvements in well-being and mental health policies within the corporations (Minayo, 2011). To this end, the initiatives were categorized by region, allowing for a comparison between the different approaches adopted by military police forces across the country.

The nature of the research is applied, as it aims to contribute to the improvement of well-being and mental health conditions of military police officers, providing subsidies for the formulation of more effective public policies and institutional practices. Additionally, the research is exploratory, as it investigates a theme that still lacks depth and systematization within the context of Brazilian military police (Minayo, 2011).

This article aims to analyze these initiatives, highlighting best practices and challenges faced by the Military Police of different Federative Units (UF). Furthermore, it aligns with the Sustainable Development Goals (SDG - No. 8.8), which emphasize the protection of labor rights and the promotion of safe and secure working environments for all workers (UNOC, 2012).

1 QUALITY OF LIFE

The term “Quality of Life” is frequently employed in a generic manner when discussing public policies, generally referring to health. The World Health Organization (WHO), for example, defines health as more than the absence of disease, incorporating physical, mental, and social well-being (WHO, 1946). Similarly, the WHO conceptualizes quality of life beyond the medical sphere as “individuals’ perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns” (WHO, 1998).

For Nahas (2017), the term quality of life is considered the perception of well-being resulting from a set of individual and socio-environmental parameters, whether changeable or not, which individualize the conditions in which the person lives. Therefore, it is an individual perception that combines numerous factors affecting the individual's life.

The subjective components of quality of life refer to the individual's degree of satisfaction with different spheres of life, corresponding to “how people feel or what they think about their lives, or how they perceive the value of the material components recognized as the social basis of quality of life” (Minayo; Hartz; Buss, 2000, p. 11).

As highlighted by Minayo, Hartz, and Buss (2000), a collective construction regarding comfort and tolerance in the health area is evident. This expanded concept of quality of life includes sustainable development and human ecology, relating even to the spheres of democracy, development, and human and social rights.

Thus, it is evident that police service can have a major impact on the quality of life and mental health of personnel, and should be considered in the construction of the individual, as it is capable of influencing all aspects of their life.

Quality of working life (QWL) seeks to compose agendas that reach the worker within the context and environment of work. For Ferreira (2011), it is a process of social construction, collective dialogue, decisions, and actions in work environments. Thus, quality of working life is not an individual responsibility exclusive to the employee, but a mission for all actors involved in the work process.

Military police work is identified as one of the most stressful, including by the World Health Organization (WHO, 2022), which emphasizes the conditions inherent to the role as primary stressors. According to specialized literature, several factors contribute to high stress levels in this field, including the demanding nature of the work, lack of recognition, task overload, and frequent exposure to situations of violence and permanent vigilant attention, among other aspects (Dos Santos *et al.*, 2023).

Occupational stress represents a silent challenge that profoundly impacts the lives of military police officers. Addressing this issue holistically is essential to ensure the well-being of these professionals and the quality of services provided to society.

Although the scenario is challenging, Almeida *et al.* (2021) highlight that, even under occupational stress, many officers maintain high levels of work engagement. Such dedication, enthusiasm, and pride in the role evidence the resilience and commitment of these professionals. However, Santos *et al.* (2021) point to the need for interventions within military units to promote the mental health of military personnel and prevent potential psychological problems. Furthermore, they advocate for a revision of the State's approach regarding the mental health of these professionals, offering more effective assistance in terms of prevention and treatment (Almeida *et al.*, 2021).

2 STRATEGIES AND PRACTICES TO PROMOTE THE MENTAL HEALTH AND WELL-BEING OF MILITARY POLICE OFFICERS

The responsibility for promoting the mental health of military and police personnel is shared among the State, military institutions, civil society, and the professionals themselves. To this end, programs for the healthcare of public safety agents are provided for by law, as highlighted by Bertassoni *et al.* (2023):

A Lei nº 13.675 de 2018 prevê no art. 42 o Programa Nacional de Qualidade de Vida para Profissionais de Segurança Pública (Pró-Vida), que tem como objetivo: “elaborar, implementar, apoiar, monitorar e avaliar, entre outros, os projetos de programas de atenção psicossocial e de saúde no trabalho dos profissionais de segurança pública e defesa social” (BRASIL, 2018). Em conjunto a Portaria n.º 483, de 9 de novembro de 2021, do Ministério da Justiça e Segurança Pública, reforça o incentivo a projetos e programas com o foco na

valorização dos profissionais de segurança pública, onde estão previstas ações financiáveis referentes à valorização da qualidade de vida dos profissionais, entre elas: atenção e acompanhamento biopsicossocial, atenção para situações de estresse e risco, vitimização e suicídio (Bertassoni *et al.*, 2023, p. 341).

Currently, Law No. 14,531/2023, which amends Law No. 13,675/2018 and Law No. 13,819/2019, aims to establish environments free from any type of oppression, promoting equality and respect among employees and workers at all levels of government. This is intrinsically connected to Sustainable Development Goal (SDG – No. 8.8): “Protect labor rights and promote safe and secure working environments for all workers, including migrant workers, in particular women migrants, and those in precarious employment.” This interconnection highlights the role of National Legislation as an instrument to fulfill the international commitments undertaken by Brazil within the scope of the 2030 Agenda.

The ESCUTA SUSP project, developed by the Ministry of Justice and Public Security (MJSP), offers online psychological care to public safety agents throughout Brazil. The project integrates efforts for the professional appreciation of these agents and is executed by the Federal University of Minas Gerais (UFMG) in partnership with the federal universities of Sergipe (UFS), Rio Grande do Norte (UFRN), and Brasília (UnB) (MJSP, 2024).

In parallel, military police forces in Brazil have adopted diverse regional strategies to address the mental health of their personnel. To analyze the initiatives and projects implemented, detailed information was requested from each Military Police Institution through the CNCG. Of the 27 states consulted, 20 responded, allowing for a detailed analysis of initiatives and programs focused on mental health and well-being among military police officers. This approach is based on the recognition of which intervention and care strategies should be directed through projects and programs. The documentary analysis identified relevant initiatives in all regions of the country, highlighting actions focused on suicide prevention, psychological care, and social support programs (Table 1):

Table 1. Summary of initiatives focused on mental health and well-being among military police officers

Region	State (UF)	Actions/Projects
Midwest	DF	• Psychosocial Assistance Center (CAPS): provides care for critical events, health for service, and promotes holistic health; • Life Appreciation Program (PVV): trains "sentinels" to identify risks and provide support;

		• Talking Circle Program: promotes active listening and information dissemination weekly in Corporation Units, with scheduled non-mandatory participation of officers; • Al-anon Program: offers support to families and friends of alcoholics through biweekly meetings focused on sharing experiences, strengthening the support network, and providing clarification through lectures and mental health professional support using the 12-step methodology; • RESIGNIFICAR Program: trains DF public safety officers in assisting victims of domestic violence; • PRADEQ Program: supports chemically dependent individuals seeking treatment; • PRAEV-VIDA Program: promotes self-esteem and life appreciation, offering a therapeutic space to address emotional conflicts and mental health issues related or unrelated to police activity.
	MS	• Physical Education and Health Program (PEFS): encourages physical exercise, improving mental and physical health with regular monitoring.
Northeast	AL	• PTSD and suicide prevention programs; psychosocial support; addressing harassment and discrimination; reducing stigmas in seeking psychological support; • Assistance Program for Alcoholics and Chemical Dependents; • Prevention, Assistance, and Confrontation of Sexual Harassment and Gender, Racial, and Sexual Orientation Discrimination; • Assistance to Veterans and Preparation for the Reserve; • Integrative Practices Programs (Yoga and Meditation).
	MA	• Active Reserve Preparation Program: assists in the transition to civilian life; • Stress Management Project: individual or group meetings; • Itinerant CAPS Project: brings psychosocial support to units in the state's interior; • Therapeutic Group for Police Widows: provides comfort for women who have lost their loved ones; • Reflective Group for Men: weekly meetings for military personnel answering for domestic violence; • PTSD Prevention Program: assists officers after critical incidents; • White January Project: awareness lectures on mental and emotional health care; • Yellow September Project: awareness regarding suicide prevention.
	PE	• Mental Health Working Group: peer support, crisis management protocols, and mental health training;
	PB	• Espaço Viver Bem (Live Well Space): offers biopsychosocial services to officers and their dependents.
	SE	• Avançar Program: promotion of well-being and quality of life; • Preparation Program for Paid Reserve (PPR Active Life); • "The Rescue of Heroes" Project: therapy for the recovery of chemical dependents;

		• Program to Combat Sedentary Lifestyle and Promote Physical Health; • Comprehensive Worker Health Assistance Program: accredits clinics through the Secretariat of Public Security (SSP), offering psychiatry, psychology, physiotherapy, and nutrition specialties at no cost to the officer; • Pró-Vida Shift: activated to support the officer during unusual occurrences.
	RN	• Basic Care Center (CABS): psychology services through therapy, lectures, psychological evaluation, among others; • Escuta SUSP: promotion of the Federal Government project offering online psychological care to active officers; • Pró-Vida RN Management Committee: collaboration with meetings and activities related to the PMRN Quality of Life commission.
North	RO	• Psychosocial care guideline for critical events; • Psychoeducational care guideline regarding suicide; • Psychoeducational care guideline for officers involved in domestic violence; • Psychological assistance to victims of moral and/or sexual harassment; • Lectures on mental health; services in psychology, psychiatry, social work, nutrition, physical education, and physiotherapy; • "Serenio" Support Group: monitoring of officers who use and/or abuse alcohol or other drugs (similar to "Alcoholics Anonymous"); • Home and/or hospital visits and support in cases of police death.
	TO	• Chaplaincy – QGC and Interior Units: "Uniformed Heroes" Program: promotes spiritual assistance through reflections on Biblical texts; • 6th CIPM: "Better Health" Project: monitors hypertension and diabetes; multidisciplinary activities promote physical and mental health; • 5th BPM: Lectures on suicide, health education, and psychological care; • 4th BPM: Psychiatry and psychology consultations and "life appreciation actions" during "Yellow September"; • 14th BPM: lectures on mental illness prevention, suicide, and home visits to veterans.
	AC	• "My Dear Anxiety" Project: addresses anxiety in talking circles and awareness actions during "Yellow September."
	AM	• Procedural Norm for Mental Health Care: establishes care and prevention protocols; creation of a suicide attempt recording system; • Events such as the Mental Health Forum and January/September campaigns aimed at reinforcing preventive activities against suicide; • Active in the Reserve Program (PAR): contributes to improving the officer's quality of life during the transition to the paid reserve and/or retirement process.
	PA	• Integrated Psychosocial Care Center (CIAP): promotes psychosocial support with technical visits to hospitals, residences, and external institutions;

PROGRAMS, ACTIONS AND CHALLENGES IN WELL-BEING AND MENTAL HEALTH AMONG MILITARY POLICE OFFICERS IN BRAZIL

Southeast		• Suicide Prevention Booklet: intended to guide the troops and Commanders on handling the phenomenon; • Lectures alluding to "Yellow September."
	AP	• Psychosocial assistance for military police officers and their families.
	MG	• PM Occupational Health Program (PSOPM): annual or biennial preventive medical or psychological consultation; • Psychological assistance for perpetrators and victims of domestic violence; • Pró-apoio: mandatory health care program for military personnel who experienced PTSD; • Basic Police Training (TPB): includes a Comprehensive Health discipline for self-care; • Psychological monitoring in cases of on-duty lethality and imprisoned or detained officers; • Mental Health lectures regarding "White January" and "Yellow September" and a Workshop for Psychologist Officers; • Primary Health Care Unit (UAPS) actions: health promotion and disease prevention campaigns (in-person and online); • Mental Health Prevention and Promotion Program Handbook.
	ES	• Preventive Health Action Programs (Polyclinic and itinerant); • Drug and Alcohol Rehabilitation Program (Presta); • Religious Assistance Service (Chaplaincy); • HPM Human Milk Bank; • Elderly care commission; • Reserve Preparation Program (PPR); • Health Care Programs for the Military Police of Espírito Santo (PASPMEs); • Itinerant lectures alluding to "Yellow September" with booklet distribution.
	RJ	• Military Police Well-Being Promotion Program (PROBEM): trains officers as support points in operational units; • Suicide Prevention Program: conducts lectures and trains managers; • Lectures on "Prevention and Care in Mental Health: Understanding Suicidal Behavior"; • Normative Instruction establishes protocols for crises; • Postvention Groups with teams of officers deceased by suicide, among other actions.
	SP	• Clinical Psychology: psychological care (in-person or remote) for individuals, groups, or couples; • Alcohol and Drug Abuse Prevention Program (PPAD): preventive, psychoeducational, and psychotherapeutic interventions for awareness and refusal skills development; • Military Police Monitoring and Support Program (PAAPM): evaluation and support for officers involved in high-risk incidents or showing adaptive difficulties;

		• Suicidal Manifestation Prevention Program (PPMS): prevention and mitigation of self-destructive behaviors, including postvention activities; • Postvention: care in cases of suicide of active officers to minimize the contagion effect and address demands; • Police Career Conclusion Awareness Program (PROSEN): focuses on quality of life for officers approaching veteran status, covering biopsychosocial aspects; • Emotional Management Workshop: awareness of psycho-emotional processes and mental health promotion; • Lectures and Preventive Campaigns: dissemination of knowledge for self-care and production of preventive social media content; • Social Service: assistance regarding indemnities, benefits, funeral aid, and home/hospital visits to identify social vulnerability; • Indemnities: management of preliminary investigations for death or disability payments; • Funeral Aid: processing of related benefits; • Psychosocial Support in Critical Incidents: emergency response and intervention in cases of unexpected/traumatic death of officers, extended to first-degree relatives.
South	SC	• Guardians of Life Project: trains personnel to act as first responders in cases of psychological illness at risk of suicide; • PTSD Management Program; • Psychology Service: individual psychological care; critical incident response, evaluation, lectures, and campaigns.
	RS	• Toxicological inspections and educational campaigns (Ordinance No. 933/EMBM/2023); • Anjos (Angels) Program: appropriate mental health care; • Preventive actions for traumatic events.

Source: Prepared by the authors, 2025.

Each Military Police Institution presented specific solutions to meet local demands, reflecting the decentralization of public mental health policies. Although the absence of comprehensive federal legislation has led to the fragmentation of initiatives, a notable advancement is observed across many corporations. Despite regional differences, the holistic and preventive approach, combined with continuous psychological support, indicates a growing commitment to the quality of life and the professional appreciation of public safety personnel (Table 1).

Table 1 further highlights actions for suicide prevention, stress management, treatment of chemical dependencies, transition to the reserve, and psychosocial support for police personnel, extending to their family members.

Regarding strategies for thematic organization by functional axes, all 20 Federative Units (UFs) reported that they conduct mental health promotion and prevention actions, which include preventive and educational activities aimed at avoiding mental illness and promoting quality of life. When analyzing the comprehensive care axis, only four UF's (SE, MG, PA, and AP) reported promoting a multidisciplinary and integrated approach to health and well-being. Regarding the transition and adaptation to the reserve, with a focus on preparing military police officers for retirement and routine changes, only DF, MA, SE, AM, SP, and ES presented approaches to meet this need (Table 1).

In total, six states did not provide information regarding programs or projects on well-being and mental health implemented in their units to support military police officers. This absence results in an incomplete view of the national scenario, hindering the identification of gaps and best practices. Furthermore, without a uniform information base, the formulation of public policies that equitably address the needs of all corporations may be compromised, disadvantaging less-represented states.

The mental health programs implemented by Military Police forces in Brazil represent significant advancements in the care for officers' well-being. However, according to the MJSP (2022), given the diverse state and regional realities and needs, a flexible policy—synthesizing a multidimensional model with short, medium, and long-term planning—would be a proposal that shares responsibility and respects the specific differences and needs of each region.

Nevertheless, the consolidation of these initiatives requires joint efforts to overcome structural and cultural challenges. It is recommended to create a policy (encompassing both national and state spheres) for monitoring and promoting health and professional appreciation that addresses physical, mental, social, environmental, and institutional health in a dynamic and integrated manner.

3 FINAL CONSIDERATIONS

Throughout this article, the importance of best practices and projects for the promotion of well-being and mental health for military police officers was explored. Prevention, treatment, and psychosocial support strategies within the corporations were highlighted. Despite the diversity and richness of the initiatives, the analyses point to a lack of uniformity in the implemented programs and projects. Therefore, the specific characteristics and needs of each military police institution must be considered when implementing mental health promotion strategies.

Consequently, there is a demonstrated need for the construction of substantial, evidence-based proposals linked to national and state policies capable of identifying transversality within the system. It is essential that institutional articulations, monitoring, and evaluation of these public safety professionals be effectively established, alongside the pursuit of improved quality of life indicators.

REFERENCES

ALMEIDA, S. R. de; SANTOS, J. P.; SOUZA, R. F. **O impacto do estresse ocupacional na vida dos policiais militares: análises e intervenções necessárias**. São Paulo: Editora Segurança Pública, 2021.

AMAPÁ. Polícia Militar do Amapá. Diretoria de Saúde. Divisão Psicossocial. **Atendimentos do setor de psicologia: janeiro a agosto de 2024**. Macapá: PMAP, 2024.

AMAZONAS. Polícia Militar do Amazonas. **Relatório da Diretoria de Saúde**. Manaus: PMAM, 2024. Documento interno.

BERTASSONI, M. et al. **A saúde mental na segurança pública brasileira: desafios e oportunidades**. Brasília: Ministério da Justiça e Segurança Pública, 2023.

BRASIL. Lei n.º 13.675, de 11 de junho de 2018. Institui o Sistema Único de Segurança Pública (SUSP), cria a Política Nacional de Segurança Pública e Defesa Social (PNSPDS), e dispõe sobre a organização e funcionamento dos órgãos responsáveis pela segurança pública. **Diário Oficial da União**, Brasília, DF, 12 jun. 2018.

BRASIL. Lei n.º 14.531, de 11 de janeiro de 2023. Dispõe sobre a prevenção e o enfrentamento ao assédio moral, sexual e outras formas de violência no trabalho no âmbito da administração pública direta e indireta da União, dos Estados, do Distrito Federal e dos Municípios. **Diário Oficial da União**, Brasília, DF, 12 jan. 2023.

BRASIL. Ministério da Justiça e Segurança Pública. **Relatório sobre programas de valorização e saúde mental de profissionais da segurança pública no Brasil**. Brasília: MJSP, 2022.

DISTRITO FEDERAL. Polícia Militar do Distrito Federal. Centro de Assistência Psicológica e Social. **Despacho DSAP-DAS-CAPS-SAS-CH**. Brasília, DF, 26 set. 2024.

DISTRITO FEDERAL. Polícia Militar do Distrito Federal. **Programa de Valorização da Vida (PVV): Ofício n.º 117617-2024-PM**. Brasília, DF, 2024.

DOS SANTOS, L. R.; RODRIGUES, P. F.; SILVA, J. C. O papel do apoio psicossocial no enfrentamento do estresse ocupacional entre policiais militares. **Revista Brasileira de Segurança Pública**, v. 5, n. 1, p. 25-39, 2023.

FERREIRA, J. S. **O adoecimento no ambiente de trabalho dos policiais militares: impactos na qualidade de vida**. Rio de Janeiro: Editora Militar, 2022.

HOF, A. et al. Fatores psicossociais e qualidade de vida no treinamento militar básico: um estudo exploratório. **Revista Psicologia Militar**, v. 3, n. 2, p. 45-62, 2023.

MINAYO, Maria Cecília de Souza. **Pesquisa social: teoria, método e criatividade**. 31. ed. Petrópolis: Vozes, 2011.

MINAYO, Maria Cecília de Souza; ASSIS, Simone Gonçalves de; OLIVEIRA, Raquel de Vasconcellos Carvalhaes de. Impacto das atividades profissionais na saúde física e mental dos policiais civis e militares do Rio de Janeiro (RJ, Brasil). **Cadernos de Saúde Pública**, Rio de Janeiro, v. 28, n. 8, p. 1583-1596, 2012. Disponível em: <https://www.scielo.br>. Acesso em: 27 nov. 2024.

MINAYO, Maria Cecília de Souza; HARTZ, Zulmira Maria de Araújo; BUSS, Paulo Marchiori. Qualidade de vida e saúde: um debate necessário. **Ciência & Saúde Coletiva**, v. 5, n. 1, p. 7-18, 2000.

MINISTÉRIO DA JUSTIÇA E SEGURANÇA PÚBLICA. **Projeto Escuta SUSP: manual operacional**. Brasília: MJSP, 2024.

MINISTÉRIO DA JUSTIÇA E SEGURANÇA PÚBLICA. **Saúde na segurança pública: indicadores e diretrizes para intervenções no âmbito do Programa Nacional de Qualidade de Vida para Profissionais de Segurança Pública – Pró-Vida**. Coordenação: Cristiane Faiad. Brasília: MJSP, 2022. 284 p. Disponível em: <https://dspace.mj.gov.br/bitstream/1/7366/3/sa%C3%BAde%20na%20seguran%C3%A7a%20p%C3%BAblica.pdf>. Acesso em: 20 dez. 2023.

MINISTÉRIO DA JUSTIÇA E SEGURANÇA PÚBLICA. Portaria n.º 483, de 9 de novembro de 2021. Estabelece diretrizes e ações financiáveis referentes à valorização da qualidade de vida dos profissionais de segurança pública. **Diário Oficial da União**, Brasília, DF, 10 nov. 2021.

NAHAS, Markus Vinicius. **Qualidade de vida e prática de atividades físicas: conceitos e sugestões para um estilo de vida ativo**. 6. ed. Londrina: Midiograf, 2017.

ORGANIZAÇÃO MUNDIAL DA SAÚDE. **Constituição da Organização Mundial da Saúde**. Genebra: OMS, 1946.

ORGANIZAÇÃO MUNDIAL DA SAÚDE. **Saúde mental no trabalho: relatório global 2022**. Genebra: OMS, 2022.

PARANÁ. Decreto n.º 6.297, de 4 de dezembro de 2020. Dispõe sobre o Programa de Saúde Mental aos Profissionais da Segurança Pública do Estado do Paraná no âmbito da Secretaria da Segurança Pública do Estado do Paraná. **Diário Oficial do Estado do Paraná**, Curitiba, 2020.

RIO GRANDE DO SUL. Polícia Militar do Rio Grande do Sul. **Nota de Instrução n.º 57/EMBM/2023**. Porto Alegre: Brigada Militar, 2023.

SANTOS, A. L.; SOUZA, M. T. **Transtornos mentais na Polícia Militar: desafios no combate à violência simbólica**. Belo Horizonte: Editora Segurança Humana, 2022.

SERGIPE. Polícia Militar. Assessoria Pró-Vida. **Programas e projetos voltados à saúde mental dos policiais militares e seus familiares**. Aracaju: PMSE, 2024. Documento interno.

UNITED NATIONS. **Sustainable Development Goals: target 8.8 – protect labour rights and promote safe and secure working environments for all workers**. New York: United Nations, 2015.

WORLD HEALTH ORGANIZATION. The World Health Organization Quality of Life Assessment (WHOQOL): position paper from the World Health Organization. **Social Science & Medicine**, v. 41, n. 10, p. 1403-1409, 1998.

This version was originally submitted in Portuguese and translated into English with the assistance of Artificial Intelligence.

Copyright 2026 – Journal of Socio-Environmental Law – ReDiS

Organizadores:
Dr. Elson Santos Silva
Dr. João da Cruz
Dr.^a Jéssica Painkow Rosa Cavalcante
Dr.^a Maurides Macêdo
Dr. Thiago Henrique Costa Silva
Dr.^a Vilma de Fátima Machado
Dr.^a Helena Esser

Editor-in-Chief: Thiago Henrique Costa Silva.



This work is licensed under a License [Creative Commons Atribuição-NãoComercial-SemDerivações 4.0 Internacional](https://creativecommons.org/licenses/by-nc-nd/4.0/).