Patrick Deegan

Major Crimes Detective
Atlanta Police Department

Patrick Deegan is a Major Crimes Detective with the Atlanta Police Department, where he has served for 10 years, including the past four in the Homicide Unit. After experiencing the benefits of Calm in his own life, Patrick recognized an opportunity to improve how law enforcement agencies approach officer mental health and wellness.

Patrick spearheaded an initiative that made the Atlanta Police Department the first law enforcement agency in the nation to adopt Calm Health. Through this work, he has championed a shift from addressing mental health only after a crisis occurs to giving officers proactive tools that help them manage stress, build resilience, and support their overall well-being throughout their careers. He continues to advocate for a more comprehensive approach to mental health within law enforcement and is committed to helping other first responder agencies implement similar resources.