

Mental Health First Aid for Fire & EMS

Did you know that you are more likely to encounter a person in an emotional or mental health crisis than someone having a heart attack?



An interactive training that teaches:

- * **Warning signs for mental health challenges or substance misuse**
- * **Outreach tactics to respond to individuals experiencing a mental health crisis.**
- * **Resources to connect the individual to help**

It focuses on the unique experiences and needs of firefighters and EMS personnel and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and in their communities.



Wednesday, December 9, 2020
8:30 AM– 5:30 PM
Connecticut Clearinghouse
334 Farmington Ave, Plainville, CT

www.ctclearinghouse.org/registation

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Brought to you by Wheeler Clinic's Connecticut Center for Prevention Wellness & Recovery.



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