



Laconia Professional Firefighters
Local 1153
In Partnership with
NAMI (National Alliance on Mental Illness)

Present

Helping Those Who Help Others.... “Exposing the Mental Health Stigma”

When: Wednesday, January 9, 2019

Time: 7:30 a.m. to 12:00 p.m.

Cost: \$25 per person

Where: Lakes Region Community
College Auditorium (*Fire Science Building*)

379 Belmont Road

Laconia NH 03246

Learn and Listen About:

- How to notice the signs
- First-hand stories
- Resources
- Peer support groups
- Self-care

For questions, please contact:
Chris Beaudoin, Laconia Fire Fighter
cbeaudoin@laconianh.gov



• *Todd E. Donovan, firefighter & paramedic*
Mr. Donovan also is a speaker and volunteer for NAMI NH with his story titled “In Your Own Voice.” Todd’s story is about his own struggles of living with depression, PTSD, and other mental illnesses. By sharing his story he is hoping to help break down the stigma and barriers to help first responders seek the treatment they may be in desperate need of.

• *John T. Broderick, Jr, Former Chief Justice*
Mr. Broderick is the Dartmouth-Hitchcock’s Senior Director of Public Affairs who, in conjunction with many others, is striving to change the conversation on mental health and to help reduce the stigma. He will share his personal story as well as talk about the R.E.A.C.T Mental Awareness Campaign and Know the Signs Campaign.

• *Ann Duckless, MA, CPS, Community Educator & Prevention Specialist*
Ms. Duckless is in her 12th year as an employee of NAMI NH in the Connect Suicide Prevention Program. She also has 20 years of experience in the field of substance abuse continuum of care.

• *Russell Conte, Major NH State Police*
Mr. Conte is a 33-year veteran with the Division of State Police, he now oversees efforts in PEER counseling and Behavioral Health, actively seeking solutions for First Responders. Mr. Conte is on the Board of Directors for NAMI NH and is Co-Chair for the State’s Suicide Prevention Council.

Online Registration Required: (125 Seats Maximum)
Register: pay online <https://www.eventbrite.com/e/helping-those-who-help-others-exposing-the-mental-health-stigma-tickets-53154715184>
Register: pay at door <https://www.eventbrite.com/o/laconia-professional-firefighters-18257335961>