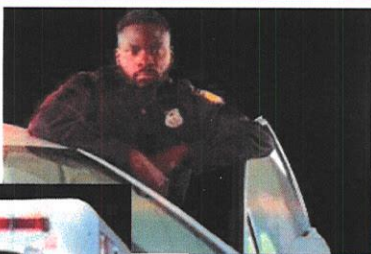




**Mental Health FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING



*Have you ever wondered what to do when you are worried about a fellow first responder, a friend, or a family member?*

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY & CO-WORKERS

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. It focuses on the unique experiences and needs of first responders/law enforcement and is a valuable resource that can make a difference in their lives, their coworkers' and families' lives, and the communities they serve.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.



Join the more than

**2.6 MILLION**

*First Aiders who have chosen to be the difference in their community.*

## REGISTER TODAY! Email

[lives@seymourems.org](mailto:lives@seymourems.org)

Friday June 16<sup>th</sup>, 2023 from 8:30-4 pm

Location: Seymour Ambulance

Lee Ives, Training Coordinator

Seymour Ambulance Assoc.

4 Wakeley Street

Seymour, CT 06483

(203) 888-8843 ext 4

(203) 982-9130 cell

(203) 881-5018 Fax

FREE Course (2-hour self-paced, on-line pre-work course followed by a 6-hour, LIVE Training In Person

Refreshments will be provided by Seymour Ambulance. This training is sponsored by the Terry Farrell Foundation

*"Law enforcement, regardless of rank or position, may find themselves confronted with a mental health crisis. My Mental Health First Aid training helped me save a life, and regular incidents serve as reminders of how police officers fall back on their training in times of crisis."*

*– Captain Joseph Coffey, Ret., Rhode Island Municipal Police Academy and Mental Health First Aid Instructor*

**Connecticut Department of Public Health Approved EMS Continuing Education for 8 CME hours CT F4-101**