**MHFA for Fire/EMS**

**Hosted at Bridgeport Fire Department Headquarters**

**30 Congress Street, Bridgeport, CT 06604**

**Thursday February 3rd, 2022**

**8:00 am - 4:30 pm**

**Sponsored by The Terry Farrell Foundation**

**Mental Health First Aid for Fire/EMS***Mental Health First Aid USA is an intensive course that teaches a 5-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with appropriate professional, peer, and self-help care. The course teaches the unique risk factors and warning signs of mental health problems, builds understanding of the importance of early intervention, and, most importantly, teaches individuals how to help the public or their peers in crisis or experiencing a mental health challenge.*

**ABOUT THE PROGRAM**

The course is taught to police, firefighters, first responders, corrections officers, and other public safety audiences around the country. Mental Health First Aid for FIRE/EMS provides first responders with more response options to help them deescalate incidents and better understand mental illness so they can respond to mental health-related calls appropriately without compromising safety. It also provides the necessary tools to recognize warning signs among their peers and teaches them how to make appropriate referrals when necessary.

**GOALS OF MENTAL HEALTH FIRST AID FOR FIRE/EMS**

* Defuse crises
* Promote mental health literacy
* Combat stigma of mental illness
* Enable early intervention
* Connect people to care, especially their own

**WHO TAKES THIS TRAINING?**

* Fire & EMS / First Responders
* 911 Dispatchers

**Mental Health First Aid** is an interactive course that will give you the skills to help someone with a mental health problem or experiencing a crisis. Additionally, MHFA for public safety assists responders in beginning to identify symptoms within themselves and teaches where they can access appropriate professional help. As a Mental Health First Aider, you will learn:

* The prevalence of mental illnesses in the U.S.
* The potential warning signs of the most common mental health disorders
* A **5-step action plan** to assist an individual in crisis
* Resources available to help someone with a mental health problem including referrals for your own peers

Registration Fee: $20 to cover the cost of lunch and refreshments (All other funding is covered by the Terry Farrell Foundation).

Make checks payable to Dawn M. Roy, LCSW at 540 Tunxis Hill Road Fairfield, CT 06825

Please RSVP to [dawnmroylcsw@gmail.com](mailto:dawnmroylcsw@gmail.com) or *203-331-7458 by January 28, 2022*