



Mental Health First Aid: EMS & FIREFIGHTERS

UPCOMING COURSE INFORMATION

CRN: 4055

SCHEDULE: Tues., 01/14/2020

SNOW DATE: Thur., 01/16/2020

TIME: 8:00am to 4:00pm

FEE: \$105.00
(Book & Lunch included)

LOCATION:

HCC, 900 Lafayette Blvd.,
Bridgeport, CT 06604
Beacon Hall, Room #135

To register, submit registration
form:

Email:

HC-Continued@hcc.commnet.edu

Phone: (203) 332 - 5057

Fax: (203) 332 - 8558

This 8-hour Mental Health First Aid professional development course is taught to help EMS and Firefighters understand mental illnesses and substance use disorders.

The goals of mental health first aid for public safety include:

- Discussion of first responder culture, stigma and their relevance to the topic of mental health.
- Outreach tactics to respond to individuals experiencing a mental health crisis.
- Discussion of the specific risk factors faced by many first responders and their families.
- Review of common mental health resources for first responders, their families and those who support them.

The course will teach you how to apply the ALGEE Action Plan:

- **Assess** for Risk of Suicide or Harm
- **Listen** non-judgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies



HOUSATONIC
COMMUNITY COLLEGE
Continuing & Professional Education

Sponsored by Continuing & Professional Education Dept.
and Criminal Justice Program

For more info visit: www.housatonic.edu/ce