








# Mental Health Training for First Responders




Firefighters and EMS personnel face daily stress and trauma that can impact their health, performance and relationships. Equip them with tools to care for themselves and those they serve.



Many first responders experience high rates of mental health challenges including PTSD, anxiety and depression. Their jobs are demanding and often dangerous. With our evidence-based, nationally recognized training, you can help them build the skills to cope.


 <p><b>Prevent Burnout</b> 93% of first responders believe that mental health is as important as physical health. Get them help early to prevent burnout and other challenges.</p>	 <p><b>Build Trust</b> Your colleagues don't have to deal with their struggles alone. Talk openly about mental health — 89% of first responders would feel more comfortable asking for help if you did.</p>	 <p><b>Reduce Stigma</b> Many first responders fear they'll face repercussions if they admit they're struggling. Foster a workplace culture where it's OK to open up.</p>
 <p><b>Increase Mental Health Literacy</b> First responders face challenges their loved ones may not understand. Learn the signs of depression, PTSD and suicidal thoughts.</p>	 <p><b>Step in With an Effective Plan</b> Firefighters are more likely to die by suicide than in the line of duty. Learn our MHFA Action Plan (ALGEE) to know what to do when someone shows the signs.</p>	 <p><b>Support Recovery</b> Our training teaches that recovery is possible and helps improve everyone's mental wellbeing.</p>

 Saturday, April 25, 2026

 9:00 AM – 5:00 PM

 First Priority Mobile Healthcare

 Register here: 

 Cost:

\$5 non-refundable registration fee (to hold your seat)  
\$35 for course materials (payable the day of class)

