

BEYOND THE CALL: PROTECTING MENTAL HEALTH OF FIRST RESPONDERS

Your work requires you to operate at the highest level, physically and mentally. To help you stay at the top of your game, as part of National EMS Week, Bound Tree is bringing you a **FREE** 3-part webinar series that focuses on stress management and mental health. Hear from top professionals on the effects of stress on our mental health and learn ways to help yourself and those around you, deal with stress.

Registration is required for each session.

**MONDAY
MAY 20**

1:00 PM - 2:00 PM EDT

REGISTER AT:



HIGH IMPACT STRESS- HOW IT EFFECTS US

Blaise Harris - LCMHC, LCASA, NCC

Brian M. Simmons - MA, LPC, CH, CCTP, CFTP, CCTS-S

Topics discussed in this session:

- How stress affects the brain and symptoms to look out for
- Effects of not processing trauma
- Ways to manage our stress daily

**TUESDAY
MAY 21**

1:00 PM - 2:00 PM EDT

REGISTER AT:



YOU ARE NOT ALONE

Jeff Dill - NBCC Licensed Counselor, Founder at Firefighter Behavioral Health Alliance NPO

Oren Barzilay - President of #FDNYEMS Local 2507

Topics discussed in this session:

- Mental Health concerns amongst First Responders
- Suicide rates amongst first responders- root cause(s)
- PTSD signs/symptoms
- Where to seek help

**WEDNESDAY
MAY 22**

1:00 PM - 2:00 PM EDT

REGISTER AT:



PEAK PERFORMANCE - CONCRETE STRATEGIES TO BUILD RESILIENCE

Lisa Callander - Director City of Columbus

Employee Assistance Program

Mick Yinger - Executive Director at First Responders' Bridge

Topics discussed in this session:

- Tactical breathing and Mindfulness - the benefits for First Responders
- How to find resources
- The First Responder Bridge - what it is and who can attend
- Peer-to-peer support

*Can't attend? We have you covered! All webinars will be recorded.
Make sure to register for each webinar to have access to the recordings.*