

COURSE UPDATE

NSPA is currently offering two
Mental Health First Aid for Fire &
EMS Courses:

Cool Branch Volunteer Rescue Squad

Saturday, March 2, 2019
seats still available

Henry County Public Safety

Saturday, April 6, 2019
class is full, waiting list available

If you or someone you know is interested in
hosting or attending a course, additional courses
will be scheduled!

MENTAL HEALTH FIRST AID FOR FIRE & EMS COURSE

The training course is presented in an interactive, engaging manner to help those who are in the profession of helping others. This is a one-day, eight-hour course that is tailored to individuals that first responders come in contact with in the course of their duties in the community, but is equally useful as a peer support tool for one's colleagues and family members.

What it covers:

- A 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
- A discussion of the specific risk factors faced by many first responders and their families
- A review of common mental health resources for first responders, their families and those who support them

8 Hours of BLS & ALS Continuing Education

March 2, 2019

8:00 a.m. - 5:00 p.m.

Register at: <https://bit.ly/2HPAVqU>

Cool Branch Volunteer Rescue Squad
3060 Smith Mountain Rd
Penhook, VA 24137

Target Audience:

- Fire Fighters
- EMS Personnel
- Other First Responders
- Adult Family Members of First Responders



