



MENTAL HEALTH & WELLNESS FOR PUBLIC SAFETY PROFESSIONALS

A course for all First Responders and 911 Call-Takers

One approach in understanding mental wellness is to understand the components that make up wellness; such as cognitive health, emotional health, and behavioral health. We will start from the perspective of a brand-new first responder and 911 Call-taker and follow their career to a more senior perspective. Given the daily stressors in public safety this course is critically important we will discuss the unique stressors faced by public safety professionals along with many other important topics in this 8-hr interactive course and we will examine individual agencies culture as it relates to mental wellness and suicide prevention.

This course will cover the following topics:

- Stress of the workplace
- PTSD
- Brain Functions
- Sleep deprivation
- Psychological effects of stress
- Coping mechanisms
- And many more important areas



February 25, 2026, at the Braintree Police Department | 2:30 PM to 10:30 PM

Course fee: \$225 per attendee

Instructed by: Dan MacIntosh

REGISTRATION

ATTENDEE(S)			
1.		4.	
2.		5.	
3.		6.	
Agency:	Street:		
City	State	zip	
Agency Contact:			Phone #:
Contact email:			
Method of Payment: Dept. Billing <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Check <input type="checkbox"/> Other <input type="checkbox"/>			

Fax registrations to (978) 467-4257 or Scan and email to team@hanrahanconsulting.com
Call (617) 612-5210 for more Information

www.HanrahanConsulting.com