



MENTAL HEALTH & WELLNESS FOR PUBLIC SAFETY PROFESSIONALS

A course for all First Responders and 911 Call-Takers

Constant exposure to trauma, harm and death impacts all public safety professionals greatly and as suicide rates and mental illnesses rise it is more important than ever to understand the impacts of the unique stressors faced by all public safety professionals and to learn ways to mitigate the impact. This course will do just that.

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



Instructed by: Dr. Demetrice Phillips: Dr. Demetrice Phillips. Dr. Phillips is a police officer, who has over 16 years of policing experience, starting as a university police officer and now as a municipal police officer. Dr. Phillips was a full-time college, now adjunct professor, lecturing in both criminal justice and business. While completing his Doctor of Business Administration, part of his doctoral work included examining individuals’ physiological factors and the effects it has on an organizational culture.

- September 22, 2022 at the Natick Police Department starting at 8:00 AM-4:00 PM**
- October 25, 2022 at the Waltham 911 Center starting at 7:00 AM to 3:00 PM**
- October 27, 2022 at the Waltham 911 Center starting at 3:00 PM to 11:00 PM**
- November 16, 2022 at the Lynn Police Department starting at 9:00 AM to 5:00 PM**
- November 18, 2022 at the Lynn Police Department starting at 9:00 AM to 5:00 PM**
- December 2, 2022 at the Lynn Police Department starting at 9:00 AM to 5:00 PM**

Course fee: \$195 per attendee

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 training@hanrahanconsulting.com
Call (617) 612-5210 for more Information