



Intro to Peer Support- Understanding the First Responder Mental Health Culture



MISSOURI FIRE FIGHTERS
CRITICAL ILLNESS POOL

Join us for a delivery near you!

Blue Springs - June 24
Perryville - August 27
Waynesville - September 10

Gain understanding of the first responder culture and its impact on mental health. Learn the importance of Peer Support, building a team, and techniques necessary to serve as an effective supporter.

**Instructed by MFFCIP's
Regional Clinicians and Peer Support Coordinators**

Topics will include, but not be limited to:

- Common Mental Health Issues for First Responders
- Building a Peer Team
- Peer Team Skills
- Debriefing Strategies
- Suicide Awareness and Prevention
- Nervous System Regulation
- Post Traumatic Growth
- Building Resiliency

Provided at no cost by MFFCIP

**Approved for 7 hours of CEUs through
the State Fire Marshal's Office.**

Who Should Attend?

- Current and aspiring Peer Support Team members
- First responders interested in mental health support
- Agency leaders looking to support their people.

Why Attend?

- Enhance your skills in providing emotional support
- Learn effective communication and active listening techniques
- Understand the importance of confidentiality and trust
- Gain insights into managing personal and professional crises
- Network with fellow first responders and mental health professionals

How do I register?

Class sizes are limited! Scan the QR Code to request an application.

