

***Community and Connections:
Stress and Suicide Prevention Skills for First Responders***

Saturday, May 11th, 2019

8:00 a.m.-3:00 p.m.

Gray New Gloucester High School
10 Libby Hill Rd, Gray, Maine

Organizers including *Gray Fire Rescue*, the *Cumberland County Sherriff's Office*, *Team Rubicon*, the *VA Suicide Prevention Program*, *Town of Harpswell Dept. of Safety and Emergency Services* and *Maine CDC's Cumberland District Public Health Liaison* are teaming up to provide information, skills, best practices and support for first responders around PTSD and suicide prevention.

Some of our engaging speakers are: **Jeremy LeClair of Team Rubicon** and **Pete O'Donnell from the VA**, who will speak about PTSD related stress. **Tracy Charette, RN from the VA Maine Healthcare System (HCS) Suicide Prevention Team** will share statistics, signs/symptoms, myths and resources regarding the sensitive topic of suicide and share examples of peer-to-peer support models designed to help prevent suicide in Maine and nationally.

This event is Free of charge. Participants will be eligible to earn CEUs for this event. A light breakfast and lunch will be provided. We hope to see you there!

Please register by clicking [HERE](#).

For more information contact Kristine Jenkins, Cumberland District Public Health Liaison, Maine CDC, 207-485-0541, Kristine.L.Jenkins@Maine.gov

Organizing partners include: Gray Fire Rescue • Cumberland County Sherriff's Office • Team Rubicon • VA Maine HCS Suicide Prevention Program • Harpswell Dept. of Safety and Emergency Services • Maine CDC's District Public Health Liaison