

## Mental Health/PTSD and the First Responder Symposium & Dinner



Many **first responders** might **experience** symptoms of PTSD, such as intrusive memories about the event, flashbacks, nightmares, fear, physical tension or agitation, emotional numbness, and a desire to avoid talking or thinking about the traumatic event. Depression and suicide are other mental health issues particularly relevant to first responders. The rates of suicide and depression are also higher among first responders, possibly at least in part due to the many environmental stressors they face. Too many don't know where to turn for help or are afraid to seek intervention.

**May 7, 2019 there will be a symposium and a Dinner held at the Eastern Maine Community college Rangeley Hall, Bangor, ME 04401.**

To register and find out more information please click the link below.

<https://www.accelevents.com/e/FirstResponderMentalHealthSymposiumBikeRide>

**Keynote Speaker: Dr Laurie Cyr-Martel**

**Specialties: Doctor of Behavioral Health and Licensed Clinical Professional Counselor Specializing in Trauma within Emergency Services, and Health and wellness Strategies.**

**Other guest speakers include first responders from around the country and Canada discussing their front-line experiences!**

**May 8-9 Isaac "Skippy" Greenlaw Memorial Bike Ride**

A fully supported 130-mile bike ride from Bangor to Freeport Maine. Rest stops will be provided along the route by local Fire/EMS Stations. A SAG vehicle will be available, no one should feel obligated to ride the whole route, you ride however many miles you want. Transportation will be offered back to Bangor for those riders that will be doing the 1-day ride.

A documentary will be filmed during the three-day event about mental health/PTSI issues that effects first responders. The link below is for the documentary.

<https://www.indiegogo.com/projects/who-will-rescue-the-rescuer#/>

We cannot operate without the generosity of sponsors and accepts any donation, monetary and/or supplies. Etc. water, Gatorade, Nutritious supplements, sunscreen, and monetary donations.

Any Questions call

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