



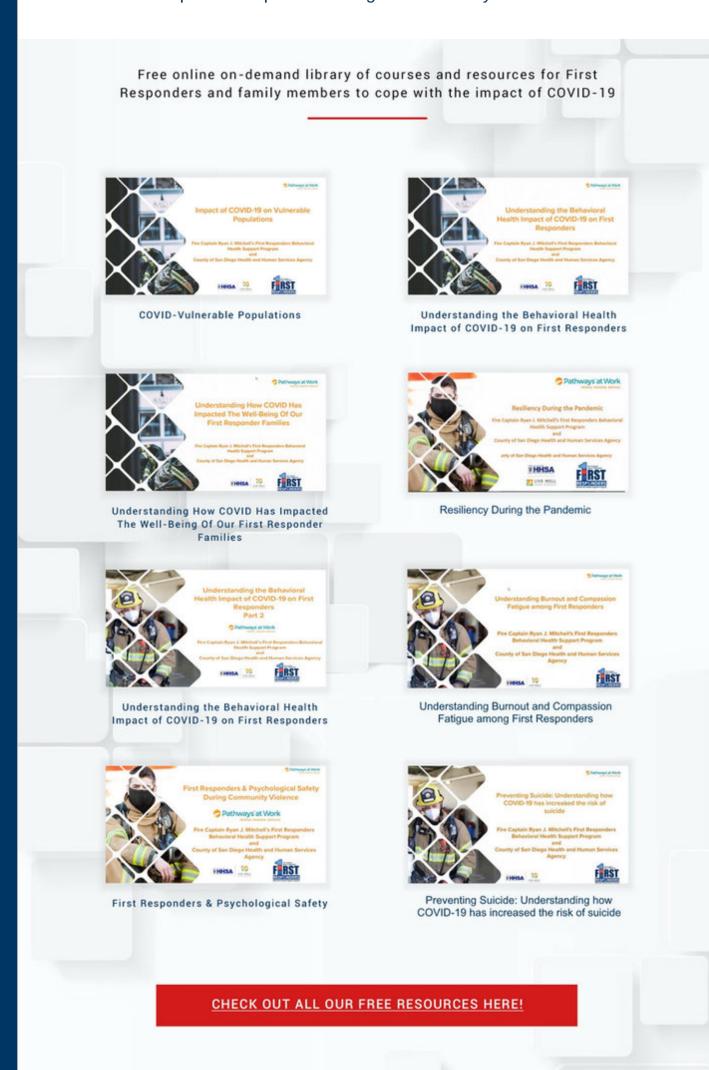
September Newsletter



The Fire Captain Ryan J. Mitchell's First Responders Behavioral Health

Program partnered with First Responders, family members, and subject matter

experts to explore challenges and identify solutions.



September is Suicide Prevention Month

Every day in California, there are friends, family and co-workers who struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs may be subtle, they are there. By recognizing the signs, finding the words to start a conversation and reaching out to local resources. You have the power to make a difference,

the power to save a life.

Know the Signs.
Find the Words.
Reach out.

Button



Free Training within the First Responder Community



Resiliency is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health. Our staff provides free in-person and Zoom presentations to educate First Responders about stigma, resiliency and wellness; recognizing its impact, and providing tools on how to reduce stigma and promote wellness within the First Responder community.

Our team is working to promote prevention and support First Responders – creating custom presentations to meet the needs of one's department. Contact us today to request an in-person or Zoom presentation.

Request More Information











This program is funded by the County of San Diego/HHSA

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