



Self Care For First Responders



Nationwide the first responder community has been suffering large losses to suicide. This problem is becoming one of the biggest issues that our members are faced with. For example, in 2017, we lost more firefighters to suicide than any other line of duty death.

The very nature of what we do can take its toll on all of us. Everything from the terrible things we see responding to calls to the stresses we face by trying to keep up with all our trainings and trying to keep a balance with home life.

This program is designed for Police, Fire & EMS responders to provide them tools needed to take care of their own mental health and things to look for in other responders that may be struggling.



Shawn Graham is an Assistant Professor of Human Services and Program Coordinator for the Behavioral and Social Science programs at the University of Maine at Fort Kent. He has been working in the Behavioral Health field for close to 25 years and has worked with a variety of different populations in different settings. In addition to his work at UMFK, he has a small practice and works as mental health therapist and substance abuse counselor for Life by Design in Fort Kent.

Shawn has created an interactive program that he will provide to us in order for us to find ways we can help ourselves and each other to reduce this trend.

Please join us:

- University of Maine at Fort Kent – October 30th 6:30pm @ Sports Center Room 120
- University of Maine at Presque Isle – November 15th 6:30pm in the Multi-Purpose Room at the Campus Center

This program is approximately 2 hours in length.

****EMS CEH's will be available****

This program is sponsored by Aroostook County EMA so there is no cost to attend this program.

To Register – Call 493-4328 or e-mail darren@aroostookema.com.