



Mental Health *for* First Responders

Fire, Police, EMS & Dispatch

CME Credit: 2 Hours (Non Core)

- ✓ Learn to recognize the signs of stress, trauma and burnout.
- ✓ Build strategies to increase resilience in high pressure roles.
- ✓ Help break the stigma around mental health in the first responders community.

Presented by **Darin Swicicki**
Peer Support Specialist

Former EMT-B FDNY • Current Dispatcher
Suffolk County Fire Rescue



Scan here
to RSVP



Scan Me

Bridgehampton
Fire Department
64 School Street,
Bridgehampton, NY 11932
October 21, 2026
1830hrs sig 8
1900hrs class begins

All members
and family are welcome
and encouraged
to attend.