

SUFFOLK COUNTY DEPARTMENT OF
FIRE RESCUE AND EMERGENCY SERVICES

FIRST RESPONDER HEALTH & WELLNESS SEMINAR



SATURDAY
NOVEMBER 14, 2026
8:00 AM – 3:00 PM



SELDEN FIRE DEPARTMENT
44 WOODMERE PLACE
SELDEN, NY



SCAN QR CODE

OR VISIT

<https://forms.cloud.microsoft/g/h5fiZLQsa8>

**REGISTER
TODAY!**

FREE ADMISSION



SPOUSES ARE WELCOME



BREAKFAST & LUNCH PROVIDED



**CORE AND NON CORE CME
WILL BE OFFERED**

FEATURED SPEAKERS & PRESENTATIONS



**The Calls
We Carry**
HUMANTOLD

An interactive peer experience for first responders using lecture-based mental health education and experiential group methods.



**Mental Health 101
for First Responders**

GEORGE HILL

(Mental Health Association in NYS - MHANYS)

Recognizing mental health and substance use concerns, early intervention, and referral pathways.



**Strong at Work,
Strong at Home:
Family Resilience
for First Responders**

MARISSA O'CONNOR, LCSW

Navigating shift work, work-life integration, managing missed events, and family resilience.

**ATTENDEES
WILL HAVE CHANCES
TO WIN!**



iPad



Paddleboard



Kayak



Fitbit

**AND
MORE!**

MEET OUR PARTICIPATING ORGANIZATIONS



ASSOCIATION FOR
MENTAL HEALTH
AND WELLNESS



Calm Seas
PSYCHOTHERAPY

Bring your storm to Calm Seas



Restoring Hope. Rebuilding Lives.

humantold



SPONSORSHIP BY



For more information,
call the EMS Division at
(631) 852-5080



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