

SUFFOLK COUNTY DEPARTMENT OF
FIRE RESCUE AND EMERGENCY SERVICES

FIRE AND EMS HEALTH & WELLNESS SEMINAR



CARING FOR THOSE WHO SERVE

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

SELDEN FIRE DEPARTMENT
44 WOODMERE PLACE
SELDEN, NY



FEATURED SPEAKERS & PRESENTATIONS

HUMANTOLD

PRESENTATION:
The Calls We Carry

DESCRIPTION:
A facilitated peer experience designed specifically for first responders. It moves away from lecture-based mental health education and uses experimental group methods that invite participation and connection without requiring anyone to disclose more than they choose to.

GEORGE HILL

(Mental Health Association in NYS - MHANYS)

PRESENTATION:
Mental Health 101 for First Responders

DESCRIPTION:
Introductory training focused on recognizing mental health and substance use concerns, early intervention, and referral pathways.

MARISSA O'CONNOR, LCSW

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

DESCRIPTION:
The presentation will focus on the impact of shift work, work-life integration, managing missed events, and family resilience.



YOUR HEALTH. YOUR TEAM. OUR MISSION.

Local Mental Health and Wellness organizations will be on site to discuss services available for First Responders.

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TO REGISTER



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



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