



Hamilton County First Responder Peer Support Team

IT'S NOT ALL IN YOUR HEAD

Public safety professionals are passionate about serving others; however, this calling can take its toll. High stress, low sleep, dealing with the worst of society and witnessing human tragedy reduces employees' mental and physical health.

The First Responder Peer Team presents **Dr. Kate Chard, PhD** as our main speaker. She is the Director, Trauma Recovery Center Cincinnati VA Medical Center, Director, UC Health Stress Center, and a Professor of Psychiatry and Behavioral Neuroscience, University of Cincinnati

- Learn about the physiologic effects of cumulative stress and traumatic events on first responders
- Understand PTSD
- Learn about the Hamilton County First Responder Peer Support Team
- Meet First Responder Peer team members
- Learn about vetted resources for first responders to manage their mental health

Date: April 16, 2019 **Time:** 9:30 am to 11:30 am

Where: Nathanael Greene Lodge
6394 Wesselman, Cincinnati, OH 45248

Sign up at: <https://www.eventbrite.com/e/first-responder-cumulative-stressptsd-peer-support-dr-kate-chard-uc-tickets-57932620026?aff=eac2>

If you have questions, contact Ed Von Lehmden
513-617-0092 evonlehmden@gmail.com

2.0 hours of EMSCEU through Green Township.
Fire & EMS.



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Supporting those who keep our county safe.