



Event Overview

Registration is now open for the First Responders Mental Health NS Conference, taking place in Halifax at the Westin Nova Scotian Hotel September 13-14, 2022. This two-day, in-person event will offer expert speakers and dynamic sessions on a range of mental health topics, including resilience, workplace psychological safety, navigating psychological injuries, developing peer support programs and more. The conference will also include presentations on several best practice workplace mental health programs that are helping first responders and their employers here in Nova Scotia and across Canada.

Help Spread the Word!

By using the templates below and sharing on your own social media channels, you can help raise awareness around the importance of mental health and psychological workplace safety for Nova Scotia's first responders.

We encourage you, if comfortable, to share your own thoughts and stories to help eradicate stigma surrounding mental health and provide hope to those who may be struggling. Sharing your own videos or images with your posts will help make your message more impactful. You can also help by sharing any content from the [First Responders Twitter account](#).

Thank you for helping us change the way people think about workplace mental health for our province's first responders – and supporting our efforts to promote this important conference.

Suggested Facebook Posts

- Registration for the First Responders Mental Health NS Conference is open! Taking place in Halifax at the Westin Nova Scotian Hotel September 13-14, 2022, this two-day, in-person event will offer expert speakers and dynamic sessions on a range of mental health topics, including resilience, workplace psychological safety, navigating psychological injuries, developing peer support programs and more. The conference will also include presentations on several best practice workplace mental health programs that are helping first responders and their employers here in Nova Scotia and across Canada. To learn more and register your seats, visit: www.FirstRespondersMentalHealthNS.com/conference #SaveLivesEliminateStigma

- Show your support for the upcoming Nova Scotia First Responders Mental Health Conference, taking place on September 13-14th in Halifax, by uploading the below image as your facebook cover photo! Registration for the event can be found at www.FirstRespondersMentalHealthNS.com/conference

Suggested Twitter Posts

- Save Lives, Eliminate Stigma. The NS First Responders' Mental Health Conference features dynamic sessions on resilience, workplace psychological safety, navigating psychological injuries, developing peer support programs and more. Register today: <https://firstrespondersmentalhealthns.com/conference/>



Messages for your Newsletters and Blogs

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The conference is presented by the Nova Scotia First Responders Mental Health Steering Committee, with support from WCB Nova Scotia and the Department of Labour, Skills and Immigration. The Committee formed in 2019 with a mission to provide mental health support, tools, and resources to first responders, and to make a meaningful difference toward eliminating stigma related to workplace mental health. Committee members include front line first responders and leaders from policing, fire, paramedics, nursing, corrections, labour and government. The Committee's first initiative – a mental health resources website – launched in December of 2020 at www.FirstRespondersMentalHealthNS.com.

Internationally-renowned mental health speaker, Sajel Bellon will deliver the conference opening keynote address. Ms. Bellon is an accomplished Professor, Psychotherapist, and the Founder of Mind Armour & SOS Psychotherapy. Other well-known conference presenters include:

- The Honourable Jill Balsev, Minister of Labour, Skills and Immigration
- Dr. Jeff Morley, Registered Psychologist and former RCMP Sergeant
- Dr. Erika Sabbath ScD, Associate Professor at Boston College
- Dr. Robert Tanguay, CEO, The Newly Institute
- Colleen Kamps and Roger Forget of the Tema Foundation
- Anita Watts, Certified Trauma Coach
- Steve Foran, P.Eng, CSP, MBA, President, Gratitude in the Workplace
- Big Daddy Taz, Mental Health Speaker and Comedian

“Supporting workplace mental health for first responders benefits everyone – first responders, their employers, and their communities,” says Nova Scotia RCMP Wellness Coordinator and Steering Committee Member, Cpl. Deepak Prasad. “This conference will offer an excellent opportunity for first responders and their employers to hear from leading workplace mental health experts and learn more about how to develop and maintain psychologically safe workplaces.”

The full conference agenda, speaker bios and registration are available now at www.FirstRespondersMentalHealthNS.com/conference. With full conference attendance priced at just \$50 for first responders and \$300 for employers and other workplace mental health supporters, the event is accessible and affordable for a broad range of participants.