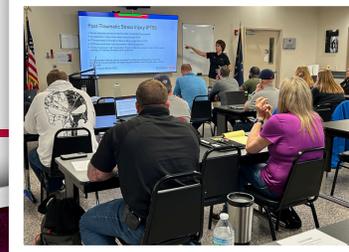


# MENTAL HEALTH CURRICULUM

## Train the Trainer Workshop

 **Lexington Fire Department Academy**  
700 1375 Frankfort Pike, Lexington, KY 40504  
(Virtual Option Available)

 **Monday, April 20, 2026**  
0830 - 1630 Eastern



Reeder's Photography

### Be Part of the Solution

First Responders face relentless stress, trauma, and pressure—on and off the job. The ResponderStrong Mental Health Curriculum is a science-backed, peer-led program designed to build resilience, reduce stigma, and address stress injury, burnout, compassion fatigue, anxiety, depression, and suicide.

### FREE 8-hour Workshop Taught by Responders for Responders

Firefighters | EMS | Law Enforcement | Dispatch | Medical Examiners/Coroners  
Correctional Officers | Healthcare Workers | Clinicians | Civilian Counterparts

### What You'll Learn

- Research and data on the prevalence of stress injury
- The stress injury model and the physiology of stress
- Suicidality, how it develops, effective intervention and prevention
- Impacts of the job on families and ways to mitigate
- Proven practices to improve resilience and better manage stress
- Supplemental resources and solutions

### What You'll Get

- Certification to teach the ResponderStrong Mental Health Curriculum
- Skills to lead impactful mental health training in your agency and community
- A comprehensive instructor manual and online access to updated materials
- Free access to the Champions Network instructional support community

**REGISTER NOW!**

Scan or visit

[bit.ly/RSTraintheTrainer](https://bit.ly/RSTraintheTrainer)



*ResponderStrong is committed to the overall performance and wellbeing of all Responders, equipping them with tools to protect themselves from the mental and emotional exposures of the job – from recruitment through retirement – as well as to their families and the communities they serve.*

Sponsored By:



Hosted by:

Lexington Fire  
Department

