

## **Developing Resiliency: On the Job and Off (3 hours)**

Pre-Requisites: Age 18 and up

[www.onthejobandoff.com](http://www.onthejobandoff.com)

PA DOH EMS Con-Ed: 3.0 other hrs

Maximum Students: 30

More firefighters died by suicide than in the line of duty in 2017 and this course attempts to educate us to better know how to support our own. The course offers education around stress as it applies to our jobs and how it can affect our mental health. This course also offers practical tips for how to process tough calls and the cumulative stress that can build up. "Developing Resiliency" provides information on suicide prevention and developing positive coping skills, as well as tips for how departments can better support their employees.

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[www.ElderTechnicalRescue.com](http://www.ElderTechnicalRescue.com)