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Tactical Mental Health Resiliency

This course addresses the harsh reality that at present, first responders are statistically more likely to die by suicide than in the line of duty. Built specifically for those who serve, this first-of-its-kind course in the Tampa Bay region brings together the education and wisdom of a multi-agency team of Sergeants, Officers, Detectives, Chaplain, and fellow first responders who have completed specialized training and earned the First Responder Applied Mental Health Certificate through St. Petersburg College. This 16-hour interactive course blends real-world experiences with evidence-based strategies. Through specialized instruction and open discussion, participants will confront the realities of repeated exposure to trauma and learn how to better protect themselves and each other.



Topics Covered

- Impact of cumulative stress on the brain and body
- Practical resilience-building techniques
- Recognizing warning signs
- Developing healthy coping skills

GENERAL INFORMATION

27-28 August 2026

Time: 8:00 a.m. - 5:00 p.m.

Fees: **Free**

Location: Clearwater Campus, ES Building, Room 104

Facilitators: Sergeants, Officers, Detectives, Chaplain, and fellow first responders who have completed the Applied Mental Health Certificate for First Responders through St. Petersburg College.

Who should attend: Law Enforcement, Fire & Rescue, EMS, Corrections, and Dispatch

***Business casual attire is preferred.**

***Lunch is provided.**

Agency / Self Registration

To register, [click here](#) or use this QR Code or the link below:



<https://spcollege.presence.io/event/tactical-mental-health-resiliency-for-first-responders>

Instruction

This course is taught by a multi-agency team of Sergeants, Officers, Detectives, a Chaplain, and fellow first responders who have completed 9-months of specialized education through the Applied Mental Health Certificate for First Responders through St. Petersburg College.

Upcoming Training can be found here

Training Calendar <https://pstc.spcollege.edu/>