

HEALTHY RELATIONSHIPS FOR FIRST RESPONDERS



MENTAL HEALTH TIPS

HUGH D. WATT, MSW, LCSW

90-Minute course

Happiness in relationships takes constant work. The health and wellness of your relationships with family, friends, coworkers, neighbors and significant others are vital to success in your career and personal life. Avoid the pitfalls that often harm your relationships with others and becoming a statistic of failed marriages often seen in law enforcement.

Learn how to evaluate and improve the areas of TIME, TALK, and TOUCH as it relates to your life and those around you.

Often professionals struggle to balance the pressures they face at work that affects their personal relationships.

WHO SHOULD ATTEND?

Law enforcement	Firefighters
EMS	Dispatchers
Call takers	Spouses
Peer support teams	Administrators
Agency mental health	Chaplains
Supervisors	Volunteers


To schedule a **Free Session** for your agency:

Send an email to Hugh at TapYourTrials@gmail.com

For information about the presenter, visit

www.TrialTappers.com
www.HughWatt.com

See short videos on other topics on YouTube at...

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Health and wellness of relationships are vital to success for first responders. How skilled are you in the areas of Time, Talk, and Touch?

Training Details:

Trainer: Hugh D. Watt, MSW, LCSW (U.S. Probation Officer)

Where: At your facility or Online Virtual Classroom

Length: 90 Minutes

Cost: \$Free **There is no cost to attend this training**

Click here for an informational flyer

To schedule a training email TapYourTrials@gmail.com

COURSE DESCRIPTION: Happiness in relationships takes constant work. The health and wellness of your relationships with family, friends, coworkers, neighbors and significant others are vital to success in your career and personal life. Avoid the pitfalls that often harm your relationships with others and becoming a statistic of failed marriages often seen in law enforcement. Learn how to evaluate and improve the areas of TIME, TALK, and TOUCH as it relates to your life and those around you. Learn easy tips and action steps that provide hidden benefits anyone can use. Come learn how to improve on your relationships and how to guide others to do the same. Hugh D. Watt has been married for 28 years, father of three boys, is a 17-year U.S. Probation Officer, Licensed Clinical Social Worker, domestic violence and marriage therapist, Author of the *Trial Tappers* book series, and a certified Critical Incident Stress Management Team member (CISM).

Attendees will learn the following:

1. The presentation will assist students in becoming self-aware and identify areas in their relationships with family, friends, and partners that may require attention.
2. Students will gain understanding of their strengths and abilities to improve on the areas of TIME, TALK, and TOUCH.
3. Students will identify positive and negative relationships and gain tips on how to make small adjustments that make huge differences.
4. Students will gain new skills that will not only help themselves, but those they encounter in their daily life.
5. Students can move away from sadness and disappointment and towards joy and happiness in their relationships.

Who should attend?

This course is open to all law enforcement, firefighters, EMS, dispatchers and call takers, as well as: • Spouses • Administrators • Supervisors • Peer Support Teams • Retirees • Chaplains •

Search & Rescue Volunteers • Agency Mental Health • Mental Health and Drug Court Team Members • and more!

Attendees will acquire knowledge on how to identify positive and negative relationships. You will gain insight, tips and action steps to improve all relationships in your life.

Training will be at your location or online Officers are responsible for their own travel costs.