



# Emergency Services Mental Health Symposium



**Silverstone Circuit,  
Northamptonshire**

**23 & 24  
November 2022**

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# About

This Symposium is brought to you by an amazing collaboration of all the emergency service and first responder organisations, together with the charities that support them. It promises to be the highlight of the year in terms of supporting all of our blue light responders' wellbeing, and a unique opportunity to bring colleagues together from all corners of the UK, to showcase the progress that is being made, to share and to learn, and to maximise the impact that we can all have on improving the wellbeing of ourselves and our colleagues.



**Emergency Services Mental Health Symposium**

Bringing colleagues together for a unique 'one year on' event to showcase work, share learning and support each other.

**23RD - 24TH NOVEMBER**  
Silverstone Circuit, Northamptonshire

For more information contact:  
[wellbeingsymposium@collegeofparamedics.co.uk](mailto:wellbeingsymposium@collegeofparamedics.co.uk) #EmergencyServicesMentalHealth

**ASSOCIATION OF AMBULANCE CHIEF EXECUTIVES** **NFCC National Fire Chiefs Council** **SCOTTISH MOUNTAIN RESCUE** **THE NATIONAL POLICE Wellbeing Service** **THE AMBULANCE STAFF CHARITY** **Police Care UK**

**SCOTTISH MOUNTAIN RESCUE** **NPCC National Police Chiefs' Council** **HM Coastguard** **The Fire Fighters Charity** **College of Policing** **LIFELINES SCOTLAND**

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## Opening Information

Day one will open with a Lived Experience panel, facilitated by Andy Elwood, Mental Health First Aid Instructor, Movember Ambassador and ex-SAR Paramedic.

The Symposium will feature several 'best practice' cluster sessions focusing on different topics, such as, Getting Active, Family Support and Our New Starters, delivered by a wide range of organisations.

# Speakers & Presentation Selection

## ⋮ Presentation Selection

**Modifying the Mental Health at Work Commitment to be relevant for Search and Rescue Volunteers with Stephen Penny, Scottish Mountain Rescue and Jon White, Mountain Rescue England & Wales.**

**Getting upstream and making it mainstream: the Lifelines Scotland model with Gill Moreton, Lead Clinician for Emergency Services, Rivers Centre for Traumatic Stress, NHS Lothian.**

**The approach to a central suicide register for the ambulance sector with Fiona Bell, Head of Research and Development, Yorkshire Ambulance Service.**

**Career and lifestyle support across the fire service and how do we make research work hard and create more meaningful impact? Prof Rowena Hill, Professor of Resilience, Emergencies and Disaster Science, Nottingham Trent University.**

**Ambulance Employee Wellbeing with Anna Parry, Deputy Managing Director, AACE and Kerry Gulliver, Director of Human Resources and OD, EMAS, and Lead for Employee Wellbeing and Suicide Prevention, AACE.**

**The Symposium is also hosting the Emergency Responders' Seniors Leaders Board meeting and an update session will be delivered at the end of day two by Martin Hewitt, Assistant Commissioner, Chair of the National Police Chiefs Council.**

**Sleeping for Better Mental Health: Challenges, opportunities and progress in policing so far with Sleep Evangelist, Sophie Bostock.**

**PTSD in Policing and Trauma Impact Prevention Training with Police Care UK.**





**For more information:**



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