

An Introduction to Mental Health and Trauma for General Population and First Responders

September 18, 2026

1:30-3:00pm MT

This session will introduce participants to mental health and trauma. Special considerations related to first responders' mental health will also be discussed.



Learning Outcomes:

- The difference between mental health and mental illness
- How trauma can impact us
- Some approaches for improving mental health and overcoming trauma

Speaker:

Chelsea Wrightson, MEd., Registered Psychologist at ATMA CENA. Chelsea has been an approved provider with the NIHB program for several years and also identifies as Métis.



Target Audience: General population, people with first responders in their lives, and first responders

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