

Hillman Fire Department  
Presents Alan Styles:  
One Night Only

## **HAYO: Hey Are You Ok?**

**When the going gets tough, the tough are here to help you through it.**

This class looks at the ways the “job” can affect you over time. It is also designed to give you the basic tools to understand, recognize, and react appropriately to signs that you or someone you know is dealing with more than they can psychologically and emotionally handle.

Who: This class is for all first responders, including dispatch, who are genuinely interested in being a first line of help for those other first responders that may be struggling with the daily stresses of life, or the tragedy of just one bad call.

Why: Too many first responders feel they have nowhere to turn, resulting in unnecessary struggles or suicide. We need to be better at taking care of each other!

**May 13<sup>th</sup> 2022**

**SMOKE #: 2022-1-60-Q61J-0203**

**Location: 131 W. 3<sup>rd</sup> St. Hillman MI 49746**

**Time: 6pm – 10pm**

**All fee's covered so spend the time to invest in yourself. (snacks provided)**

**Register on SMOKE and if you have any question contact the Course Manager: C. Pichan**

**989-313-4880**