

First-responders have an indispensable role in safeguarding our communities, often times confronting critical incidents in very high-stress situations that can have a significant toll on their mental health and wellness. As a retired first-responder, I am no stranger to the unique challenges these public-safety professionals face at work every day.

I have had the honor of speaking at several 1st Responder Conferences events throughout the country. Their events feature speakers who are subject matter experts in their respective fields. Conference attendees gain valuable insights into effective strategies to help them boost resilience, optimize wellness, and experience growth, as well as connect with resource partners that provide professional support services and other like-minded individuals attending who share passion and commitment to the well-being of our first-responders.

Many attendees have shared these conferences have been career-saving and life-changing for them.

I encourage public-safety professionals to seize the opportunity to attend and participate at an event organized by 1st Responder Conferences.

It is my honor to continue speaking at these conferences because I know the positive impact these events have on the mental health landscape in the first-responder community.

Ryan Dedmon, MA

Outreach Director

(714) 390-8630

<https://linktr.ee/911TI>