

Suffolk County FRES  
in partnership  
with the American Red Cross



**American  
Red Cross**

# CARING FOR YOURSELF AND OTHERS IN UNCERTAIN TIMES

▶ **Wednesday April 15<sup>th</sup> | 3PM**  
for First Responders

▶ **Friday April 17<sup>th</sup> | 3PM**  
for General Public

▶ **Tuesday April 21<sup>st</sup> | 3PM**  
for Suffolk County Essential  
Employees

To join the webinar click the below link  
or use the phone number provided.

Please allow some time to register  
prior to logging into Zoom.

[CLICK HERE](#) | **zoom**

Meeting ID: 563 265 986  
Password: 804246

By phone  
**+19294362866,**  
**563 265 986**  
# US (New York)

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## Instructors

**DR. THOMAS HLENSKI**  
**and AMY BELFIORE**  
from the **American Red Cross**  
**Disaster Mental Health Team**

**SUPPORTING MENTAL HEALTH**  
**DURING THE COVID-19**  
**PANDEMIC**

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Suffolk First Responders can text  
**SIGNAL19 to 67283** to receive  
Suffolk County Emergency Services  
updates.

SUFFOLK RESIDENTS text  
**COVIDSUFFOLK to 67283** to receive  
public messaging and information  
pushed out by Suffolk County.

Expand your fire and EMS safety  
training by registering for course at  
**[www.fireherolearningnetwork.com](http://www.fireherolearningnetwork.com)**