

## **MEDIA ADVISORY**

### **Symposium Focusing on Overcoming PTSD**

**October 22<sup>nd</sup> 9:00am to 2:00pm at Bakersfield College Auditorium**

**Contact:**

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**WHAT:** Kern County Public Health Services is hosting the 2019 Mental Health Symposium – Overcoming PTSD. The goal of this event is to provide information to assist first responders and community members in recognizing the signs and symptoms of depression caused by Post-Traumatic Stress Disorder (PTSD).

Those interested in attending can register for this free event at:

<https://bcstudentlife.wufoo.com/forms/g1iqwk0q0fqm8ik/>

**WHY:** It is estimated that 30% of first responders will suffer from PTSD as compared with 20% in the general population. A recent study shows that paramedics, EMT's, and firefighters were reported to have higher suicide ideation and suicide attempt rates than the rest of society. In law enforcement, the estimates suggest between 125 and 300 police officers commit suicide every year.

**WHEN:** Tuesday October 22, 2019 from 9:00am to 2:00pm

**WHERE:** Bakersfield College Indoor Auditorium, 1801 Panorama Drive, Bakersfield, CA.

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