

Select the Programs That
Are Right For You



I'm interested!



Academy Hour's online training classes are FREE for First Responders and cover mental health and leadership topics.

www.AcademyHour.com



Certified Peer Support Leader training teaches all the important stuff for building, growing & managing a peer support team.

www.CertPeerSupport.com



Certified Peer Support Teammate training prepares you to be the best possible resource for your personnel as part of the peer support team in your department.

www.CertPeerSupport.com



In-person debriefing after a critical incident, on-site peer support training, and a variety of mentoring & support services for your department personnel, whether you already have a peer support team or not. We can support your personnel, your team, and your administration after these tough experiences.

www.AcademyHour.com



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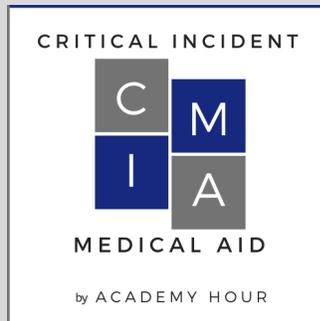
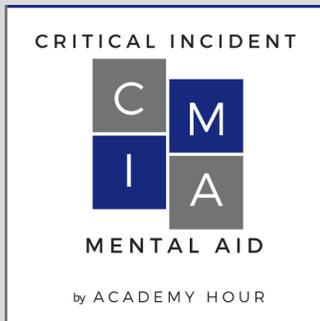


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Train-the-Trainer for police & fire academy instructors as well as EMT/Paramedic and 9-1-1 training centers. You will learn to teach a 3-day mental health curriculum designed to teach rookies about all the difficult things they'll experience on the job, how it can affect them, and how to prevent/treat mental health challenges on the job.

www.CeaseFireTraining.com



On-the-job injuries can be life-threatening, and can become lifetime injuries - both physical and mental. This training program includes how to save a life during fire, as well as how to save a life after the fire.

www.AcademyHour.com



Certified First Responder Counselor for clinicians who really want to "get" First Responders in the counseling environment. Associate & Supporter tiers also available.

Encourage your department clinicians to become trained & certified, and culturally competent.

www.FirstresponderCounselor.com



First Responders need their own safe place to go for support. These online support groups are for First Responders ONLY, and are facilitated by our Certified First Responder Counselor program graduates. Confidential, safe, providing ongoing support with your peers in a convenient online format.

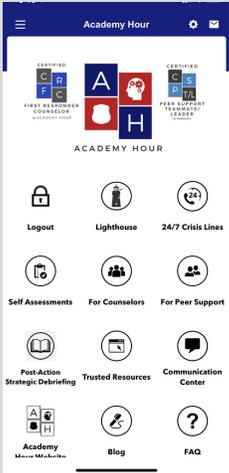
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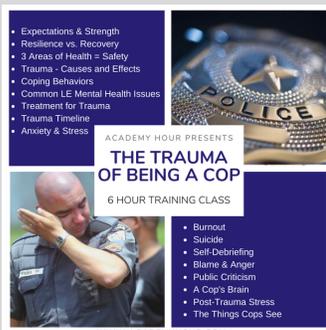
The Academy Hour mental health & well-being app is available in your phone's app store. Our Certified Peer Support Leaders & Teammates, and our Certified First Responder Counselors, gain access to the login/resource layers of our app to help them in their work in peer support and counseling First Responders.



The Lighthouse Health & Wellness app is for your whole department, and completely free. Your leadership or peer support team can add custom content, and push notifications to personnel, and the app is already full of a great assortment of resources. Academy Hour and Lighthouse Health & Wellness have partnered together to bring you free training & mental health resources because we never want budget restrictions to get in the way of health & wellness.



www.LighthouseHW.org



Choose the 6-hour on-site training class taught by an Academy Hour presenter, or take the train-the-trainer program so that you can learn to teach this class yourself. This class talks about the challenges of officers & First Responders, trauma, suicide, (un)healthy coping skills, the effects of the career, and more.



www.AcademyHour.com