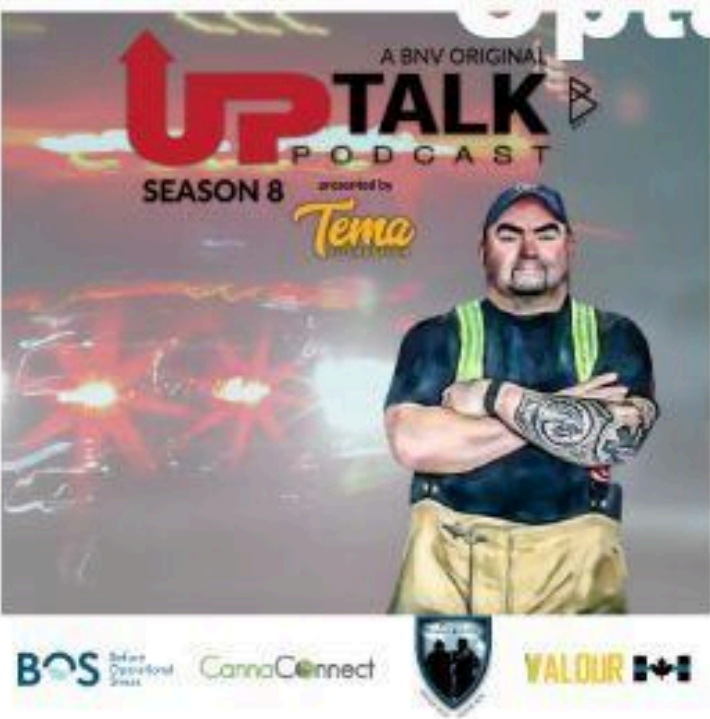


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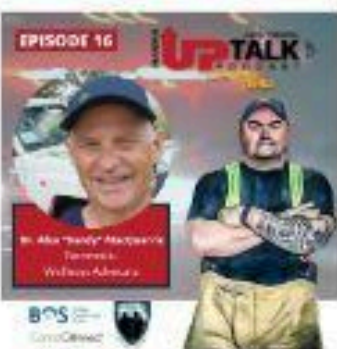
# UPTALK PODCAST

BNV Media

Hello people! My name is Sean Conohan. Join me as I chip away at the stigma associated with mental illness in the First Responder world, one inspirational guest at a time. My mission is to have guests on with clinical expertise, legislative authority, or stories of hope to remind us that we are absolutely not...

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## S8E16: DR. ALEX “SANDY”...

6/18/2024 | 73 min Latest Episode

For the final episode of UpTalk I am coming full circle and having a chat with my Paramedic Instructor, Alex "Sandy" MacQuarrie. He joins me from Sydney, Australia to talk about his personal Paramedic journey and...



## S8E15: MAEGHEN COTTERILL | MARTI...

5/28/2024 | 96 min

Martial Arts entrepreneur and Wellness Advocate Maeghen Cotterill joins us for a great chat! It was awesome! Stay tuned for podcast announcement after the chat. Listen and share!



## S8E14: DEVEN KENNEDY | LAW...

4/30/2024 | 74 min

Join me for a chat with Deven Kennedy about his career as a Law Enforcement Officer. Learn how getting hit by a fleeing truck while on the job changed everything and put him on a different path that included creati...



## S8E13: RICKY NUTTALL | FIREFIGHTER...

4/9/2024 | 118 min

Former London Firefighter Ricky Nuttall joins me from across the pond to chat about his harsh upbringing, how that led to becoming a Firefighter, and his path to post-traumatic growth after the devastating Grenfell...



## S8E12: TERESA COLLINS | FORMER...

3/26/2024 | 88 min

Please welcome Teresa Collins to the podcast! We chat about her career as a Law Enforcement Officer and the transition to becoming a self-development and wellness coach. Don't miss it! www.houseofhyenas.co...

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### OSI-CAN Target Demographic

The target demographic of OSI-CAN are but not limited to Former and serving members of the Canadian Armed Forces, Allied Armed Forces, the Royal Canadian Mounted Police and Frontline Protectors--- Municipal Police Services, CN Police Services ,Emergency Medical Services, Fire Protection Services, Wildland Firefighters and ,Hospital Trauma personnel, Nurses, Healthcare Workers, Crown Prosecutors, Social Workers, Animal Control Officers, Coroners, Indigenous Emergency Management, Victim Services Personnel, Emergency Communications Specialist, Crisis Management Workers (such as Mobile Crisis, etc), Corrections Officers, "Volunteer" First Responders, Conservation Officers, Tow Truck drivers, and private sector First Responders. Persons who in the performance of their jobs are exposed to criminal acts of Trauma. We also provide supports to the spouses and significant others of those exposed to such trauma. This Demographic was chosen due to the commonality of experiences they share through the service they provide to the country and community. We have a special interest and support volunteer first responders as they may not have proper access to support.



Mobile Crisis: call 306-757-0127

Crisis/Suicide Hotline 24/7: 1-833-456-4566

Or Consult <https://sk211.ca/> to find other help lines

if you would like an OSI-CAN support group or a spouse of OSI group in your community, contact Julius Brown at 306-552-3801 or 1-888-495-6068

[osicandir@cmhask.com](mailto:osicandir@cmhask.com)

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