

**Q23 We would like testimonials to share with others regarding how and why this training is so beneficial for people to attend. Please provide 1-3 sentences that we can share with others. If you would like to share your first name and or occupation please include that information.**

Answered: 22 Skipped: 35

#	RESPONSES	DATE
1	Having worked in law enforcement, fire service, as well as the military, I have seen firsthand the pressing need for training, education, and openness on the subject of mental health in each. This conference was put thoughtfully put together to not only help counter the stigmas of addressing mental health, but also in a way that fully addresses the many things in a responder's life that impacts their mental health. The speakers were phenomenal in their candor, transparency, and willingness to be vulnerable. More conferences are needed, and more agencies need to send more of their people.	3/5/2020 6:30 AM
2	Great information all in one package! Loved the free massages! Susan. RN	2/13/2020 6:01 PM
3	Excellent opportunity for all 1st Responders to learn to healthy ways process stress and about valuable local resources.	2/12/2020 9:26 PM
4	I took 12 pages of notes over the 2 days of lectures. I learned so much that I can bring back to my center and share with others. This was a great 2 days!!	2/10/2020 6:45 PM
5	This conference was one of the best I have been to as an LEO. All the presenters were engaging and informative! I highly recommend this training to all First Responders!	2/10/2020 12:34 PM
6	The training was very engaging and very informative. I would highly recommend it. Lyle, CAP, ICADC, CHC, CIT	2/10/2020 7:13 AM
7	NONE	2/10/2020 5:56 AM
8	During the course of this conference, I learned that what I thought was normal police stress is actually part of a larger monster. I came to see what I could take back to others and learned I may need to use some of these resources myself.	2/10/2020 5:43 AM
9	it opens my eyes as to the many problems law enforcement officers encounter every day.	2/10/2020 4:10 AM
10	this info was very eye opening	2/10/2020 3:32 AM
11	People need to see that we are people too and that mental health is as important as physical health. Hearing others and their testimonials helps remove the stigma that It's not okay to be not okay.	2/9/2020 12:36 PM
12	Excellent conference. I would recommend this training to all 1st Responders. It would especially be beneficial to Peer Support Teams	2/8/2020 6:02 PM
13	A few days before the conference i had to deal with a fire victim rescue that the person ended up dying. Over time my trash can of stuff has been getting fuller and fuller. This was the call to cause it to over spill. As a firefighter I didn't think I could feel sad or depressed, but man did I. Being the team leader for my departments peer support team made it even worse. How can I being the guy teaching this have problems. This conference was able to give me the courage to reach out to my EAP and follow through seeing a Counselor.	2/8/2020 5:51 PM
14	As a clinician looking into a world that I know we have never been welcome into before I am very honored to have been able to see an insight directly from the individuals who need the help. I think through us working together we can really make a difference within all of the communities that first responders work in.	2/8/2020 9:18 AM
15	Jesse B, FF/EMT These conferences provide so much on point information that can empower attendees with content, direction, and resources to share and grow their member understanding. The courage of the speakers in sharing their personal stories is contagious and	2/8/2020 8:58 AM

## Orlando, FL First Responder Mental Health & Wellness (2020)

will hopefully encourage us to do the same in our own agencies. Thank y'all very much for all your hard work putting these together and bringing light into the dark.

16	This training is beneficial to all first responders because a lot of first responders are afraid to ask for help when they needed. Also many first responders do not know what assistance, and services are out there for them and when to know when to seek the help. My name is Heather Fousse and I am a Corporal within my agency. Osceola County Corrections.	2/8/2020 5:21 AM
17	If you are a first responder, or you love a first responder, this conference will open your eyes. You are not alone in the stresses you face, and there are many who stand prepared to help you with their time, their ears, their heart, and their knowledge. David, Chaplain	2/7/2020 7:05 PM
18	It is very helpful to hear first hand accounts of first responder experiences to decrease stigma on behavioral health issues.	2/7/2020 6:15 PM
19	Provided much needed information on local resources close to home that I had no idea existed. A great event for every department in the community to learn from and take back so much with them. Speakers that inform about PTSD and personal struggles that are also able to be optimistic about outcomes.	2/7/2020 5:18 PM
20	This training is beneficial to all 1st Responders because it gives them an opportunity to see they're not alone.	2/7/2020 2:57 PM
21	As a Police Chaplain this conference was beneficial to know how to help and see signs of PTSD with our men and women who serve in Law Enforcement.	2/7/2020 2:49 PM
22	This was a real world approach to a real world problem. It was completely relatable to what we go through as first responders and provided information and resources that were applicable to the profession.	2/7/2020 12:17 PM