

**Q22 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: 12 Skipped: 36

#	RESPONSES	DATE
1	I enjoyed this class and have a new appreciation for mental health in first responders. The speakers had passion and their delivery was excellent. I would recommend this class to Spouses of first responders as well. Thank you	11/16/2021 7:38 AM
2	I came away from this conference completely invigorated to be around other first responders I felt a connection to. To not only come away with valuable knowledge but to hear the inspirational stories from speakers with the courage to open themselves up completely. Great conference and a must for all first responders and spouses of first responders. Andy (Firefighter and PEER support)	11/9/2021 4:01 PM
3	Good for self awareness of the stresses of the job balanced with the rewards and reflection of why you are in this profession. Also for camaraderie.	11/8/2021 7:39 PM
4	I was really encouraged by the honesty and depth of the speakers. The material presented and the stories shared were informative, practical and personal.	11/8/2021 9:06 AM
5	Mental health has been a taboo subject for so long. Heroes need saving too, and we need these trainings to save ourselves.	11/8/2021 7:54 AM
6	Attending a First Responder Conference should be required for any Peer Support member! The takeaways are invaluable and the network of resources at these events are necessary to build a reliable and local support list.	11/7/2021 1:25 PM
7	What you think you are going to experience is under imagined. Real people and real vulnerability to share their experiences in hopes to serve others on their journey to health and wellness. Additionally to encourage others in their darkest moments there is a way through. You are not alone.	11/6/2021 4:39 PM
8	You are never alone, and this conference reinforced that notion time and time again. Every journey looks different, but doing the work and taking care of your mental health is priority.	11/6/2021 12:21 PM
9	We truly enjoyed working with the 1st Responder team and meeting the attendees. what a wonderful opportunity to give back to a profession that we love. We would welcome any opportunities to present again in the the future.	11/6/2021 11:26 AM
10	Amazing stories and information is packed into these conferences that is truly making a difference in first responders lives.	11/6/2021 9:29 AM
11	1st Responder Conference was like finding a glass of ice water in the desert! Sometimes it just helps to know that you aren't alone and you aren't the only one struggling in this crazy world! They truly care about the first responder community! - Josh , Battalion Chief, B-Shift	11/5/2021 8:25 PM
12	Jack	11/5/2021 6:10 PM