

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: 8 Skipped: 18

#	RESPONSES	DATE
1	One of the best trainings I have attended in my career. Mental Health is important because it's a vital part of your life.	5/12/2021 6:27 AM
2	This is a very powerful conference where real life stories are being shared to ensure that we are providing the best resources for our first responders. This conference lets first responders know that they are not alone when it comes to behavioral health	5/10/2021 12:17 PM
3	At the check-in, I was warned that there might be images that could trigger a PTSD event. I was not prepared for the movie trailer that was presented before the first day one speaker. My heart almost pounded through my chest. I was having a hard time breathing and fighting back tears. I calmed down after the trailer and settled in for the conference. I think the instances of PTSD is at epidemic levels for 1st responders. The conference helps attendees to recognize the signs and symptoms of PTSD, provide them with resources, increase their knowledge and that they're not alone out there. Chris Police Officer	5/9/2021 12:27 PM
4	The First Responder Conference collapses the barriers that have separated first responders from understanding mental health issues impacting them by expanding awareness, education and real life examples. In normalizing mental health without a stigma, more first responders are likely to support one another in getting help and to take accountability for their own mental health, understanding they do not need to suffer.	5/8/2021 3:11 PM
5	These classes should be attended by everyone in these fields and our spouses. The information provided will help save lives, marriages and more.	5/8/2021 11:38 AM
6	This is reality.....where we live every day.	5/7/2021 8:46 PM
7	Danielle - Dispatch supervisor Don't let your passion & drive to help others be destroyed by your overwhelming stress & sadness. No one is immune. Ask for help: it will be hard- but not as hard as the sadness you will feel having to walk away from what you once LOVED to do.	5/7/2021 7:40 PM
8	This conference was a benefit to me personally and provided current, useful information. I wish we could have had more people from our agency attend.	5/7/2021 7:05 PM