

Q24 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: 11 Skipped: 62

#	RESPONSES	DATE
1	My name is Bonnie, I am a Fire Commissioner. I feel these conferences are important to educate ALL the factors of PTSD and how to best educate our teams and help them the best we can to avoid loosing any of them to suicide.	3/10/2021 6:28 PM
2	The previous conference was excellent and I fought hard with my agency to fund my attendance. I cannot in good conscience make the same argument next year.	3/5/2021 7:19 AM
3	Your not alone. So many of us in LE have been or are in the same place you are in. Do something about it now, don't wait. Speak to a professional now, don't wait. So many of us have sought help and are in therapy / treatment. Your not alone. The people you love need to show strength for yourself, not just them. Do it now, don't wait. The 1st Responder Conference is one of these steps to know you are not alone - Signed, A police officer of 24 years	3/4/2021 8:19 AM
4	This training is a raw reminder of the general thought about people struggling in these professions. Something has got to change so those that need help most feel comfortable about reaching out for it. These "helpers" have got to be able to get help themselves without shame or judgement and this conference does it's best to move that thought process in the right direction. M Cupery / ECO	2/28/2021 2:22 PM
5	I wasn't sure if this was for me. I had friends suggest it and It was definitely exactly for me!	2/28/2021 11:33 AM
6	The information and the professionalism used to put on this conference was excellent. The speakers were gritty, knowledgable, and have passion for the topic. This is the only way we will break the stigma of mental wellness with first responders. I recommend not just peer support people but all first responders to attend. They will be better for it. Eric Rivas (Retired Police Sergeant)	2/27/2021 7:37 PM
7	This subject was brought to a new light.(ptsd/stress)	2/26/2021 7:46 PM
8	This was a very informative conference that taught me a lot about mental health. It taught me that we are not alone and that it is okay to ask for help. It really was a eye opener and you don't realize how much you shove everything down until they point it out.	2/26/2021 7:07 PM
9	This conference is power. It is support, care and togetherness in a way that can not happen anywhere else. Worth every minute, not only for me, my loved ones and those I may be able to help with the critical information, tools and truths provided.	2/26/2021 6:17 PM
10	Great tools for the toolbox. I learned that others have felt the same things I have. -Dennis Mossburg, author of, "Reflections on Leadership."	2/26/2021 6:09 PM
11	I'm in corrections. This conference brings to light that we all going through the same thing and have similar experiences. We are not alone.	2/26/2021 5:26 PM