

To Our First-Responder Colleagues:

As longtime police officers, we know this work asks us to carry burdens that most people will never see or fully understand.

The stress, the repeated exposure to trauma, the long hours, and the weight of constant responsibility can leave a lasting mark.

Over time, it can affect our sleep, our health, our relationships, our peace of mind, and the way we move through the world. If you have felt yourself becoming more tired, more distant, more irritable, or simply less like your old self, please know you are not alone.

These are not signs of failure. They are human responses to an extraordinarily demanding life of service.

We spend our career showing strength for others, but strength also means knowing when we need support. Reaching out for help is not weakness. It is courage. It is wisdom. It *is* strength. And it is one of the most important ways we can care for ourselves, the people we love, and the community we serve.

Healing is always possible, and so is building resilience. No matter how long we have carried this weight, we deserve support, understanding, and a place to begin.

Joe Robertson and Aaron Oden

Police Officers, Peer Support Specialists