



02 Nov 24

A Note from Liz & Arlo.



Liz and Arlo thinking of you every day with gratitude and hope.

Do you know that First Responders are more likely to die by suicide than in the line of duty? (Ruderman White paper, 2018).

We have lost some more officers in the last two week across the country to suicide. First responders and military personnel continue to experience a lot of hardships including trauma, the job, interpersonal relationships, alcohol/drugs, mental/physical health, and various other contributing risk factors. Providing Trauma and Suicide Psychoeducation is a proactive approach to equip first responders with the knowledge to identify risk factors and the tools to advocate for their own well-being. As first responders we undergo training to perform our duties effectively, and similarly we need training skills in self-care to prevent crisis.

There remains a shortage of behavioral health professionals equipped in culturally responsive care to work with first responders and military veterans. It is essential for clinicians to have these skills to better understand this population and enhance the effectiveness of various therapeutic approaches.

We recently hosted our first virtual zoom session to share our mission and the efforts in providing suicide psychoeducation for first responders and military personnel. Thank you everyone for joining! We will be sending out our weekly notes from Liz & Arlo every Sunday.

Resilient Heroes would like to encourage you to please share our work and mission with others who support first responders and military personnel. Please visit our website www.resilient-heroes.com to see how you can contact Liz Pol (founder) regarding volunteer opportunities and scheduling Psychoeducation training.

You can also visit our website to support our efforts with a one time or monthly donation. Resilient Heroes is a 501c3 tax exempt Not for Profit Federal Tax ID #93-1902230 All contributions are tax deductible to the extent allowable by the law.

Thank you!

Liz & Arlo
Resilient Heroes, NFP
liz@resileintheroes.com
(773)842-9784
www.resilient-heroes.com