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Liz & Arlo Weekly Note #6



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

It's been a very busy start to the new year. So many great things that are already planned and many more things that are currently in the works regarding training at various agencies across the country. I am happy to announce that I have been working on another article related to the impacts of suicide to various individuals in the last two weeks and am almost finished, which will then be published, and I will share with all of you. Arlo and I will be heading to a military veteran's event tonight and I will share pics in next week's note with all of you!

I wanted to take a moment and mention another sad contributing factor to suicide that many people do not think about. As you know, first responders and military personnel are individuals that are used to taking charge,

helping others, and being called upon to handle various missions and challenges. Therefore, when they themselves feel helpless or unable to function as they are used to in their daily capacities it begins to take a toll on their mental, physical and emotional well being. There are instances where people experience incidents resulting in physical limitations where they can no longer take care of themselves or others, and they begin to feel like they are just a nuisance or burden to others. This this form of clouded thinking allows an individual to begin to spiral and isolate themselves, which then takes them into a space of impaired judgement and suicidal ideation. Some people actually begin to feel and believe that the world will be a better place without them or that no longer existing will be better for their family to deal with rather than the burden of taking care of them. It's incredible how the mind will take people into a direction where their judgement becomes so impaired that they truly believe that ending their life is the only answer. A proactive approach of having the conversation and spreading the knowledge to fellow first responders and military that suicide does not fix anything for their family is crucial. Having the honest conversation of what suicide really creates for in the aftermath for family, friends, and co-workers is devastating and traumatic. The effects that these tragedies have on so many individuals is part of the psychoeducation that Resilient Heroes is working so hard to spread to all first responders, military, and their families.

I would also like to take a moment to address the catastrophic wildfires devastating the west coast. Calling the devastation people are experiencing 'horrific' feels like an understatement. Our hearts go out to everyone affected. Additionally, I would like to highlight the heroic efforts of our law enforcement, firefighters, paramedics, dispatchers, and military personnel. Despite losing their own homes or being displaced, these individuals continue to demonstrate courage by prioritizing the safety and well-being of others during times of chaos and turmoil. These are truly brave individuals!

If your agency or an agency that you may know of would be interested in the Trauma and Suicide Psychoeducation training seminar please contact Liz Pol to schedule a date and time. This training is available to agencies all over the country, which includes police, fire, paramedic, emergency dispatchers/telecommunicators, and military agencies.

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 and subscribe to our newsletter.

*If you know of a case of a suicide of a first responder (active or retired) including Police, Firefighter, Paramedic, Dispatcher, and all branches of the military in which there is interest in completing a psychological autopsy please contact Liz Pol.

You can also visit our website to support our efforts with a one time or monthly donation. Thank you to those that have donated and supported our efforts, without you we are not able to make a difference and save lives! 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!

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