



## Veteran Testimonials from Various Suicide Prevention Training and Events

- "I feel like things have improved quite a bit for me. I'm less angry, in fact no anger unless provoked! I haven't slept in 2 years and suddenly I'm sleeping much better. I came into each session with some big issues to work out and left with a grin a mile wide each and every time."
- "Consider this my volunteering when you do the next iteration that includes the kids of Vets to work the whole family unit. We are in! Great Job. Perfect timing!! Keep it up and if you need/want helpers, we will be back."
- "Working with the staff and the horses was such a blessing. It felt warm and inviting, not faked at any point. It's like coming home to friends and family you didn't know you had but was needed to recenter."
- "This weekend, it gave me the fuel needed to get better and hopefully for a long while. So I have scheduled appointments with my PCM to fill out the paperwork....I am forever grateful and in debt to you for the gift that you provided this weekend."
- "As a someone with lived experience, being a veteran, losing friends to suicide and having my own suicidal ideations it has helped me connect with my participants. By integrating parts of my story that are relevant and useful to the group it helps connect dots with what I'm talking about to real life situations. Being a veteran and talking about veteran suicide makes it more than just a percentage or stat that's on a slide, it gives it a human connection and the audience I'm training become more involved and invested in what they take away from the training".
- "Knowing the difference between empathy and sympathy and learning to seek and navigate resources and reduce danger."
- "Clarity of the training. References to military culture that the general public may not know about."
- "The importance of having the skills and knowledge to deal with these situations when they arise."



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*"Serving Those Who Served"*



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- "The overall model, but particularly the part about asking about suicide. I know a lot of folks are hesitant to use the word suicide and often just say 'are you thinking of hurting yourself'. After having gone through the training, I learned that this is too vague and being direct is a better way of learning what support you can offer them."
- "Suicide is a topic that is not talked about enough. We all need to know the warning signs and what to do to check in with that person. Far better to be embarrassed to bring up the topic if all is well than to regret for the rest of your days that you didn't say something when it might have helped."
- "I would highlight that this training is very real and raw. I think it's incredibly important to not sugar-coat suicide prevention and having that vulnerability coming from our presenter made it click and hit home."
- "The scenario practice; feeling it is a safe place to be vulnerable in practicing the steps; it is ok to ask if they are thinking of taking their own life and by doing so it does not give them the idea."
- "Creating a balance of asking about suicide and empathize/listen. This can be helpful to come across as more helpful rather than an interrogation, which might lead someone to bottle up."
- "Creating a balance of empathizing and listening and asking about suicide. When we're able to balance them, it comes across as more natural rather than an interrogation."
- "I would recommend the LEARN training. It was easy to follow and provided an opportunity to practice with a scenario."
- "Knowing the difference between empathy and sympathy and learning to seek and navigate resources and reduce danger."



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