



24 NOV 2024

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).

Due to being out of the country last week, I apologize for not sending out our weekly Liz and Arlo Note! This will be a two in one note for the last two weeks.

Happy Veterans Day to all of our heroes that are still with us and to those who have made the ultimate sacrifice. It is because of you all that we are the land of the free!



I would like to thank the team from Trauma Behind The Badge for an awesome interview on their podcast. Thank you Raul Rivas, Christopher Scallon, and Chris Fields! Take a listen to this episode: <https://lnkd.in/d-jBVJTk>



I also had the pleasure of being a guest on the RESPONDER RESILIENCE PODCAST. Thank you Lt. David Dachinger, Bonnie Rumilly, and Stacy Raymond. This conversation included an intro for clinician's and the methodologies used in conducting suicide psychological autopsies.



YouTube: <https://lnkd.in/d4ADC4jQ>
Facebook: <https://lnkd.in/evHRZXmC>
LinkedIn: <https://lnkd.in/e9t7aXZi>
Apple Podcasts: <https://lnkd.in/dcYnsPBQ>
Spotify: <https://lnkd.in/egbhrXcc>

We are getting ready to start a very busy holiday season. While it is a time for giving, spending time with loved ones, and celebrations we must remember that it can be a very difficult time for many. We see many cases of suicide occur during the holidays within our first responder and military communities. This is a time when people who are already experiencing various risk factors, lacking support systems, and have time for reflection, are struggling and have a hard time coping. Remember to reach out to those that may need some more support via phone or take the time to meet for an in-person interaction. A simple gesture such as meeting for a cup of coffee or having a voice conversation goes such a long way for individuals who are struggling.

Thank you to all who have shown support in our efforts to carry out this important mission, we could not do it without you! It is with your help that we can do this work! 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. Contact Liz Pol (founder) scheduling Psychoeducation training for your agency or organization.

*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. We are also looking for volunteers to help with our mission efforts, as well as grant writers as we navigate through grant funding opportunities.

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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