



Before I attended the First Responders' Bridge retreat I suffered from anxiety, depression, frequent and random anger issues, and the ability to communicate the simplest things. I struggled for roughly 10 years to get help through the VA. I was functional, but deeply struggling. After 3 days at the retreat, a light came on. I saw my brothers and sisters had similar issues. I saw that help really was available. For the first time since 2007 (2020 retreat), I did not check my house before going to bed for the enemy....I did not avoid conversation with strangers.....I could tell my girlfriend my feelings....I could sleep without drugging myself with Benadryl and other sleep meds....and I felt a HUGE weight lifted from my back.

What the bridge did in 3 days....was more than the VA did in 10+ years.

Know that you are NOT alone.....and when you decide you want to move forward and live your life.....somebody will be there to help...to stand guard while you heal.

My demons no longer haunt me...they fear my new positive outlook, thanks to First Responders' Bridge.

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Navy Veteran and Paramedic