

The “F word” in Peer Support: Talking to your colleagues about fear “*don’t leave me alone!*” Dealing with isolation in peer support – December 5, 2013
San Francisco Sheriffs Department

Reviews of Participants:

- I learned a lot today in your class. Hopefully I can take this and apply it in my personal and professional life. Thank you.
- Thank you for the new info. The word fear is something we don't mention or want to talk about in law enforcement. As I was told when on FTO “you are a police officer. You are not afraid and you will not show fear.” That has stuck with me for the past 7 years.
- Training was spot on. I will use what I learned today.
- Was helpful in situation where I had to respond.
- Really got good and new insights that I can use.