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FIRST RESPONDERS MENTAL HEALTH NIGHT

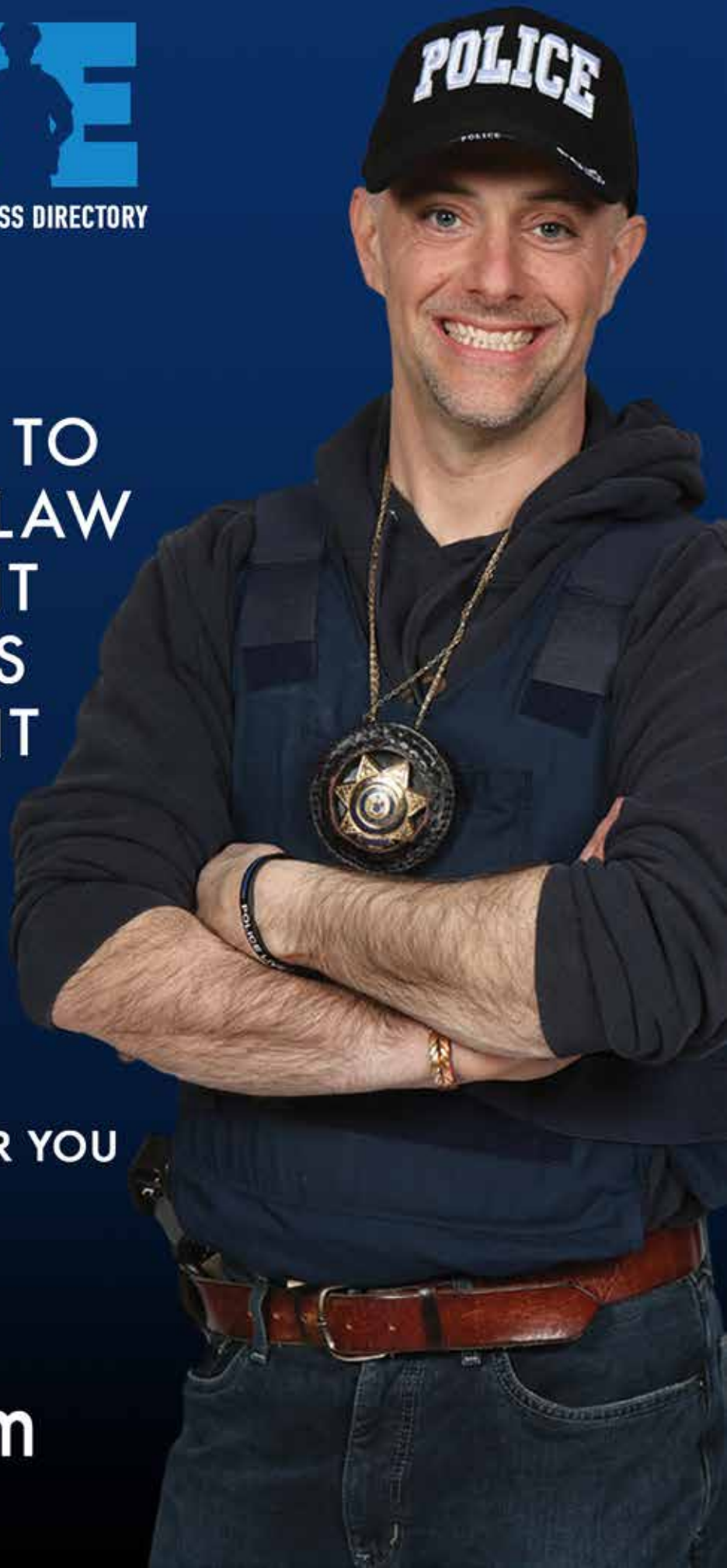


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GOD BLESS OUR TROOPS!

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Blue Magazine Staff

This special pictorial issue
is dedicated
*with our gratitude
and appreciation*
for the work performed by selfless
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*I*t takes a special person to dedicate their life to one of service as a first responder. Whether serving in law enforcement, fire or emergency medical services (EMS) the toll of witnessing human tragedy can be enormous. Not only scenes of death and destruction being frequently witnessed firsthand but often seeing people in despair over their own involvement in tragic incidents becomes a heavy load to bear.

Sometimes a single event can be so traumatic that it results in unbearable memories for those who are dedicated to being of help to others. Many times, due to the cumulative effect of bearing witness to human suffering, it results in post-traumatic stress disorder (PTSD), feelings of helplessness and hopelessness and/or suicidal thoughts or actions. Often, too, is troubling second guessing if more could have been done at a scene for a better outcome.

The BLUE magazine in conjunction with our partner Moment of Silence recently held an outdoor event in honor of all first responders awarding recognition to our brothers and sisters while enjoying each other's company and companionship.

It is of vital importance that we stand together, share stories of our challenges, victories and triumphs as a needed encouragement to those among us. It is events such as these which are depicted in this special issue of the BLUE magazine that facilitate such camaraderie.

Moment of Silence Inc, is a 501(c)(3) nonprofit charity, providing resources, education and professional crisis intervention services for those who are in need of assistance. Help us help those who put their lives on the line every day so all can continue to protect and serve while living a healthy life free from depression and suicidal thoughts. Want to join the movement to prevent blue and first responder suicide? Visit <https://momentofsilenceinc.org/>

Reach out to us at any time. We are here for you. If you or someone you know is in crisis needing immediate support or intervention, the National Suicide Prevention Hotline 908-232-2880 is available at all times of the day and night and is ready to take your call.

As The Blue Suicide prevention group Moment of Silence, our nonprofit partner's, motto says: "Never give up; stay in the fight."

Joel E. Gordon Managing Editor

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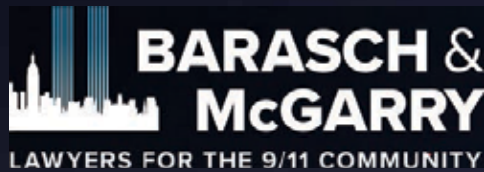
THE BLUE MAGAZINE



MOMENT OF SILENCE







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MORE PEOPLE HAVE DIED OF 9/11 ILLNESSES THAN THE 2,970 WHO DIED ON 9/11

9/11 First Responders

68 cancers and many respiratory illnesses have been linked to 9/11 toxins.

Anyone who participated in the rescue and recovery operations in Lower Manhattan on 9/11, or during any part of the following 8 months, may be eligible for free health care and significant compensation.

Take advantage of the benefits to which you are entitled:

- \$90,000-\$250,000 awards for skin cancers
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- \$20,000-\$90,000 for respiratory illnesses
- Additional compensation for lost income
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REGISTER NOW—EVEN IF YOU'RE CURRENTLY HEALTHY.

You do not need to be sick or to have been diagnosed or certified with a 9/11-related condition in order to register. But don't leave it to your spouse to start the process after you get sick. Protect your family!

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A federal program that certifies 9/11 illnesses and offers free nationwide health care. No copays, no deductibles. Free cancer screenings because early detection is the key to survival.

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STAYING IN THE FIGHT

By BLUE Magazine Staff

Blue Magazine once again partnered with Moment of Silence to bring an event like no other here in the tri-state area. With over 200 attendees, and many powerful discussions, the goal toward de-stigmatization of officer mental health issues moved closer to achievement.

First responder suicide is an emerging crisis. First responders are taking their own lives in numbers that are not only shocking but also higher than many other professions. Moment of Silence, Inc., a nonprofit charity, was formed to combat the stigmas and barriers faced toward seeking mental health, and to advocate for law and policy changes to achieve wellness.

Suicide can strike quickly. It is not always committed after long, intensive battles with depression. First responders routinely deal with more death, tragedy and negativity than most people face in a lifetime. They carry immense responsibility and are always under the scrutiny of the public. This work is stressful.

With communication and understanding, stigmas and blockages toward overcoming suicide can be eased, and progress obtained.

It is with this in mind that on Friday June 2, The BLUE magazine along with our partner Moment of Silence held our first ever annual outdoor first responder appreciation, networking, and mental health awareness night. Food, friendship and camaraderie ensued. Although rain had been in the forecast, miraculously and seemingly by divine intervention, skies cleared

in time for attendee arrival and the beautiful springtime weather remained most pleasant for the full event.

The well-attended event was emceed by BLUE magazine's editor-in-chief and Moment of Silence executive board member George Beck. We thank George for his continued leadership, intellect and commitment to first responders. We were honored to have Special Guest Sheriff David Clarke on-site to lend his support and we are grateful for his leadership and expertise.

Sheriff David A. Clarke Jr. is the former sheriff of Milwaukee County, Wisconsin. He has also been part of our organization for many years. We thank him for always supporting our magazine and charity. Clarke is a passionate and strong advocate for first responder mental health. His leadership and dedication have helped many first responders overcome their mental health challenges. Sheriff Clarke has found innovative ways to serve the public that give him the freedom to reach millions of Americans with his message. Sheriff Clarke developed a passion for political commentary. He is fondly referred to as the "People's Sheriff" because he has the natural ability to explain complicated national controversies in a way that everyday people can understand.

If an "image is worth a thousand words," then the images to follow in this special magazine edition will chronicle the event along with this synopsis of earned awards bestowed upon many who have demonstrated that they possess a "heart of gold."



Award Recipients:

Dr. Aleksandr Martirosov, DO

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- Dr. Robert Ghalil
- PBA Local 1
- State Troopers Association
- Wayne PBA Local 136
- PBA Local 197
- PBA Local 286
- Michele Hendershot



Want to join the movement to prevent blue and first responder suicide? Visit us at <https://momentofsilenceinc.org> and www.bluesuicide.org and at thebluemagazine.com

Once again, reach out to us at any time. We are here for you. If you or someone you know is in crisis needing

immediate support or intervention, the National Suicide Prevention Hotline 908-232-2880 is available at all times of the day and night and is ready to take your call.

As The Blue Suicide prevention group *Moment of Silence*, our nonprofit partner’s, motto says: “Never give up; stay in the fight.”



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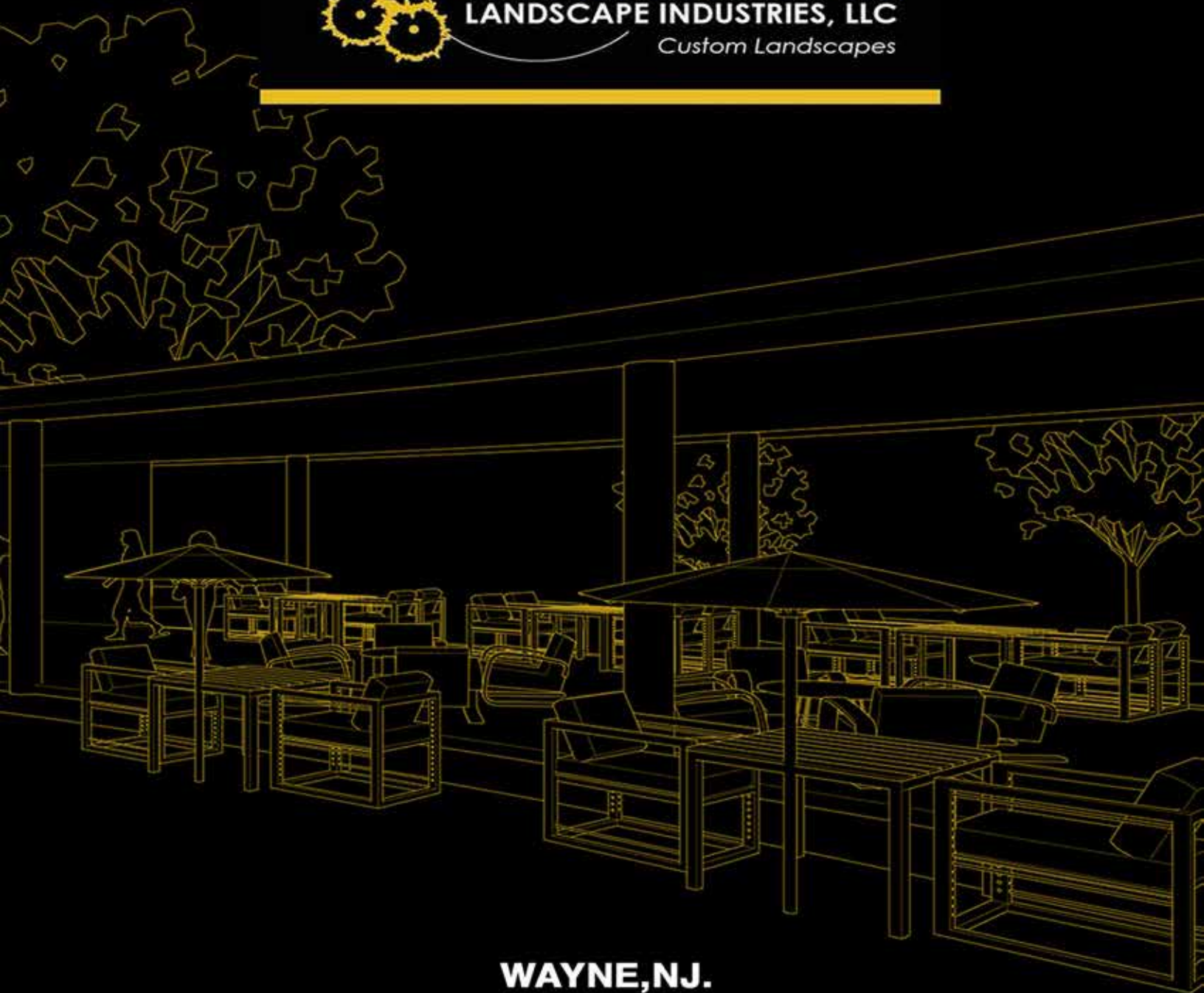
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Our charity is comprised of members from the NJ PBA, NJ FOP, NJ FMBA, NJ American Legion, NJ VFW, and various other military and first responder organizations. We are endorsed and backed by numerous state and local elected officials. NJVN relies solely on motivated volunteers. The most important contribution is to have people become a part of the charity. We are always looking for volunteers and are more than happy to make our network even bigger.

CONTACT INFO

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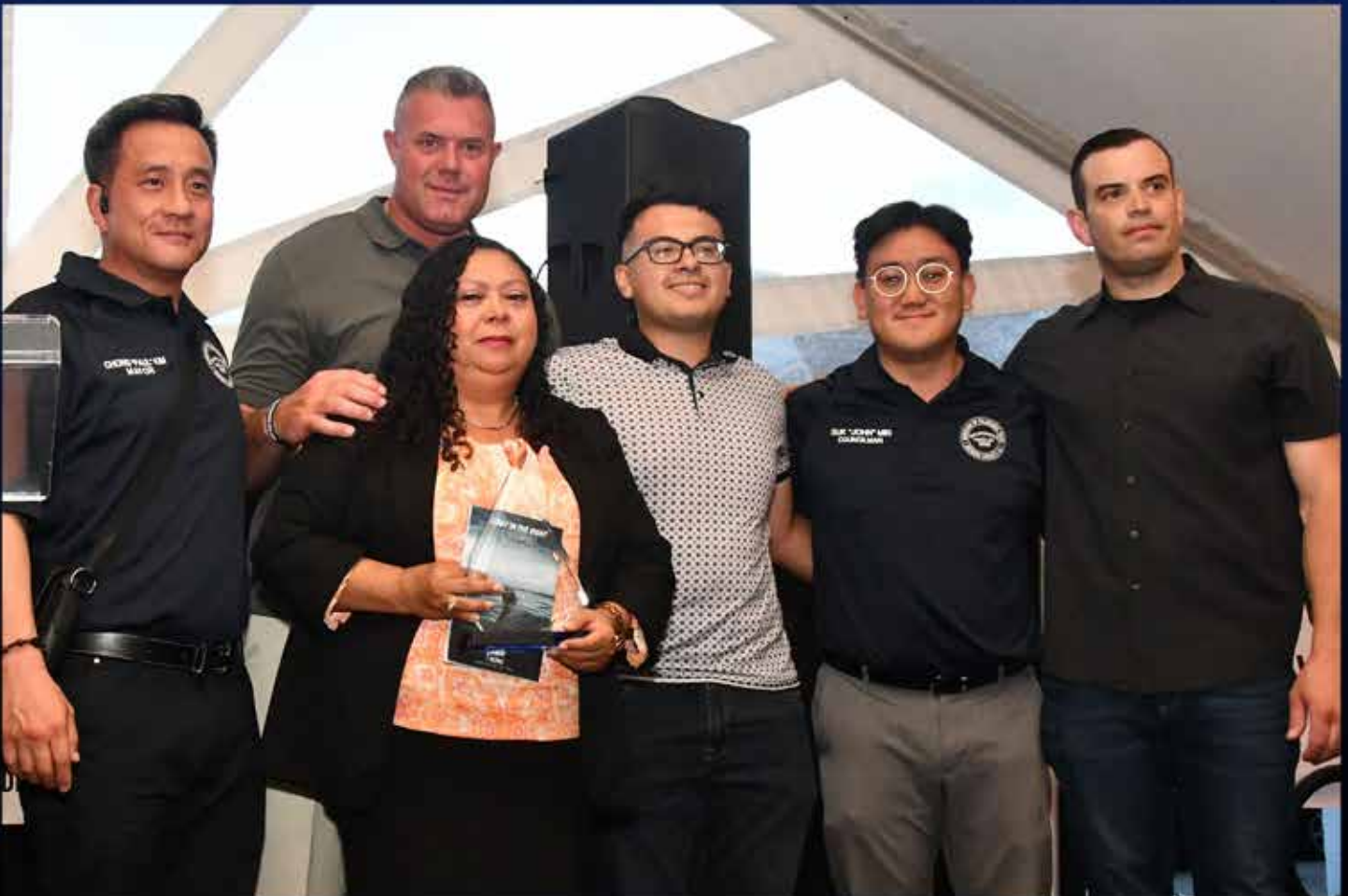



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
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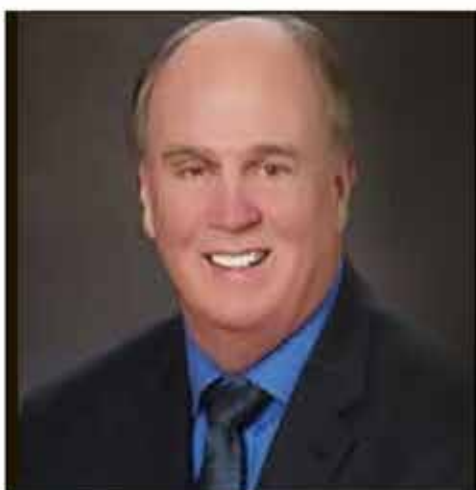
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