

For Immediate Release:



The Boulder Crest Foundation Takes a Moment on First Responders Day to Acknowledge our
Men and Women in Uniform

*Boulder Crest's **'Struggle Well'** mantra takes on the crisis of suicide and stress rampant among
our first responders.*

BLUEMONT, VA - October 28, 2022 - Boulder Crest Foundation has been working for close to a decade to help our first responders and military overcome and work their way into post traumatic growth. Over 90% of our first responders do not utilize agency provided resources because they are afraid of the stigma, and the potential of losing their job and being seen as unfit to serve. That's why non-profits like Boulder Crest matter so much, because here our first responders and military are shown a path to an alternative, effective way of managing their stress and experience. Teaching self regulation, not self medication, which is an ongoing crisis among these men and women.

When we are in trouble we dial 911, and magically a **super hero** arrives to protect and save us, but who is there for those first responders when they need help? Boulder Crest has a waiting list of individuals who need to be in these programs now, but they can't do it without your help. Boulder Crest is looking to raise awareness and funds to put 1500 heroes, currently on their list, through the program. Donate now, \$10 bucks a month, less than a Netflix account, to help our first responders and veterans *struggle well*. Today hear a first hand account of a police officer, Perla Reyes, who successfully went through the training. [Finally Talking About Our Problems](#)

Write your story, end the cycle, stop surviving, start thriving and struggle well with Boulder Crest.