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## Recommended Resources: Active Listening for At-Risk Times

**Definition:** Caregivers handle some of the most intense experiences, both at home and in their interactions with others. Anxiety, depression, hopelessness, extreme fatigue can develop over time, and isolation may occur. Find a trusted confidant or counselor to talk to when times are hard – and do the same for another caregiver.

Actively listening to friends and family can open the door to better communication and may even save lives. Recognize the symptoms of sadness and depression and seek help when needed and support others to do the same. REALLY listening can open a dialogue that saves a life and guide you to needed help.

**Quote** “I never knew someone could die from too much sadness”. MG Mark Graham, Director, Vets4Warriors.com peer call center.

**Resources** [www.Vets4Warriors.com](http://www.Vets4Warriors.com); help for caregivers to speak with other military caregivers, milspouses, or veterans. Confidential call, email, & follow-up, backed by Rutgers Behavioral Health Center

Give An Hour: pro-bono counseling for military, their families, and caregivers. [www.GiveAnHour.org](http://www.GiveAnHour.org).

Training and Certification for Suicide Prevention:  
[www.QPRInstitute.com](http://www.QPRInstitute.com)

**Communication** <https://learn.extension.org/events/1467#.VikYmH6rS70>

[http://www.fortherecordmag.com/archives/fttr\\_04162007p36.shtml](http://www.fortherecordmag.com/archives/fttr_04162007p36.shtml)

**Podcasts** <http://bit.ly/QPRshow>

<http://bit.ly/V4Wshow>

**Videos** Active Listening, <https://www.youtube.com/watch?v=WER63AY8zB8>

<https://www.youtube.com/watch?v=t2z9mdX1j4A>

[https://www.youtube.com/watch?v=gwqpd\\_XGzQM](https://www.youtube.com/watch?v=gwqpd_XGzQM)