

Testimonials

May 2026

Life-Saving Declaration

A woman who participated in several of Safer Mindfulness' workshop series over an eight-month period wrote:

"Since I began working with Andrew, I have not had one real suicidal episode, the ones I call the "death spiral". I believe I have begun to maneuver myself away from the state of suicidality, a state which gravely endangered my life again and again.

The real bonus in all this is not merely that those thoughts and even impulses have diminished/vanished, but have been replaced by a strong will to survive, even to live fully. More and more I am coming to see that this 'method', or whatever you call it, is perhaps saving my life long-term."

--Claudia (not her real name)

One Year Later

Reflecting on what has stayed with her from the "Suicide Prevention Through Mindfulness Training" in 2025, one year later, a participant wrote:

"Now when I have a tough day, I remind myself that these thoughts are fleeting and I take care of myself until the mood passes. Reminding myself that I am more than these feelings calms me. Every day I take time to ground myself - to focus on the present - because that too helps rein in thoughts that can spin out of control. These are some of the tools I learned in the workshop with Andrew last year. I still rely on these practices to help navigate some of the overwhelming emotions associated with long-term anxiety and depression."

--Danielle (not her real name)