

Active Duty Peer-to-Peer Base A Cohort 14 Survey Results July 2025

BUILDING RESILIENCE & LEADERSHIP SKILLS

www.giveanhour.org



PEER-TO-PEER TRAINING

Give an Hour provides peer-to-peer support, recognizing the value of lived experience in building resilience, and cultivating a supportive community among service members. The specialized and tailored training is aimed at empowering military leaders with essential tools to support their peers. This data is based on survey results from the fourteenth cohort at one active duty Army base following the delivery of two 90-minute trainings led by two Give an Hour-trained peer facilitators for 29 active duty Army soldiers.

PERCEPTIONS OF PERSONAL EXPERIENCES

Participants deeply connected with topics like trauma, stress, stigma, and asking for help, often drawing from their own life challenges. Many expressed realizations about the distinction between stress and trauma, the importance of seeking support, and how stigma has historically silenced them. The training prompted shifts in how they view emotional expression, with several feeling more open, confident, and less alone. Peer support emerged as a powerful reminder that helping others starts with self-awareness and shared vulnerability.

FACILITATOR FEEDBACK

While this cohort's feedback reflected some of the challenges of condensing three days of material into two, many soldiers still engaged meaningfully. Reflections on stress, loss, and trauma were personal and honest. One soldier shared that he had never labeled his experiences as trauma because "that was just life," underscoring the need to validate both resilience and lived context in younger or less-experienced military populations.

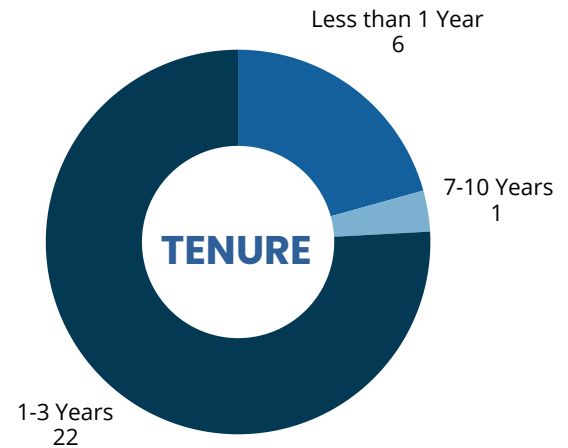
PARTICIPANT FEEDBACK

- **Content & Format:** More examples, videos, and interactive activities; consider separating topics.
- **Facilitation:** Well-received overall; suggestions for more group discussion and trigger awareness.
- **Environment:** Improve comfort and session pacing.
- **Support Needs:** More 1:1 interaction, resource materials, boundary clarity, and training in empathy, stress, and listening.

ATTENDEE DEMOGRAPHICS



Average Age 24 years



POST TRAINING SURVEY RESULTS



32% Increase in participants' confidence in sharing personal experiences.



1.3% increase in confidence in active listening skills.



1.3% increase in participants' confidence for engaging in conversations regarding mental health.



9.4% Increase in comfort in asking open-ended questions to encourage deeper conversations.



21% Increase in participants' confidence in discussing mental health issues with peers.



21% Increase in participants' comfortability in seeking mental health support from others.

COMMENTS FROM SOLDIERS

MOST IMPACTFUL TOPICS

“Learning when and how to speak up about mental health.”

“Understanding trauma and how to support others through it.”

“Feeling less alone by hearing others' stories.”

REFLECTIONS

“This gave me language I didn't know I needed.”

“I want to help others now that I know what to look for.”

“Real-life examples would make this even better.”

64% intend to apply what they learned:

- *Checking in on others*
- *Starting mental health conversations*
- *Sharing tools with family or supervisors*

FACE the FIVE Signs Everyone Needs to Know



Personality Change



Uncharacteristically angry, anxious, agitated, or moody



Withdrawal or isolation from other people



May neglect self-care & engage in risky behavior



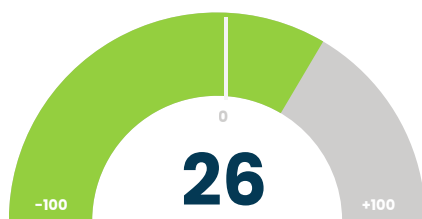
Overcome with hopelessness & overwhelmed by circumstances

THESE ARE FIVE SIGNS THAT MAY MEAN SOMEONE IS IN EMOTIONAL PAIN & MIGHT NEED HELP.

Hopelessness was the most recognized sign: 46% Increase

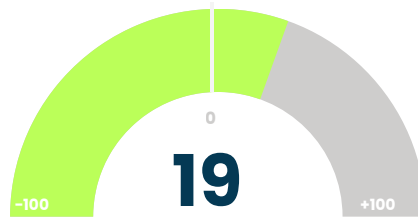
There was an increase in familiarity with identifying the 5 signs of emotional suffering of 28%

Customer satisfaction



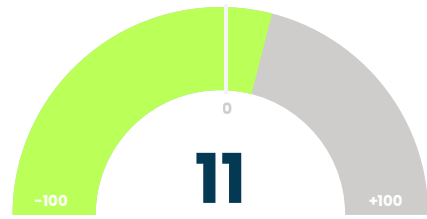
NET PROMOTER SCORE

Positive Impact



NET TRANSFORMATION SCORE

Sense of Empowerment



NET EMPOWERMENT SCORE

Neutral



A Net Promoter Score (NPS) of 0 is considered neutral, indicating a balance of promoters and detractors. Each increase reflects stronger strength of score in either direction.