



# The cost of being a cop: police wellbeing and resilience

**Commander Grant Edwards**  
**Australian Federal Police**

**Twitter @strongCmdr**



**WORLD RECORD ATTEMPT**

**Commander Grant Edwards,**  
 Manager of the Americas Region for the Australian Federal Police, is scheduled to break a Guinness World Record by pulling a C-17 Globemaster III, weighing approximately 100,000 pounds, eye to eye. Grant is one of the AFP's Mental Health champions. He has shared his story to encourage others to seek help and fight the stigma that mental health has.

The world record attempt demonstrates that even the strongest among us may need help. Seeking assistance is not a weakness. Thunder Over Dover is a free family friendly day out and is open to the general public. This is the first time in 50 years the event is being held and will celebrate U.S. Air Force's 70th Anniversary, as well as the City of Dover's 50th Anniversary.

**Witness Grant pulling the aircraft**  
**26 & 27 August 2017**  
 Dover Air Force Base

More info:  
[www.dover.af.mil/ThunderOverDover](http://www.dover.af.mil/ThunderOverDover)

Follow Grant's progress here:  
 @CmdrAmericas  
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**"even the strongest among us may need help, seeking assistance is not a weakness"**

# THE PARADOX

