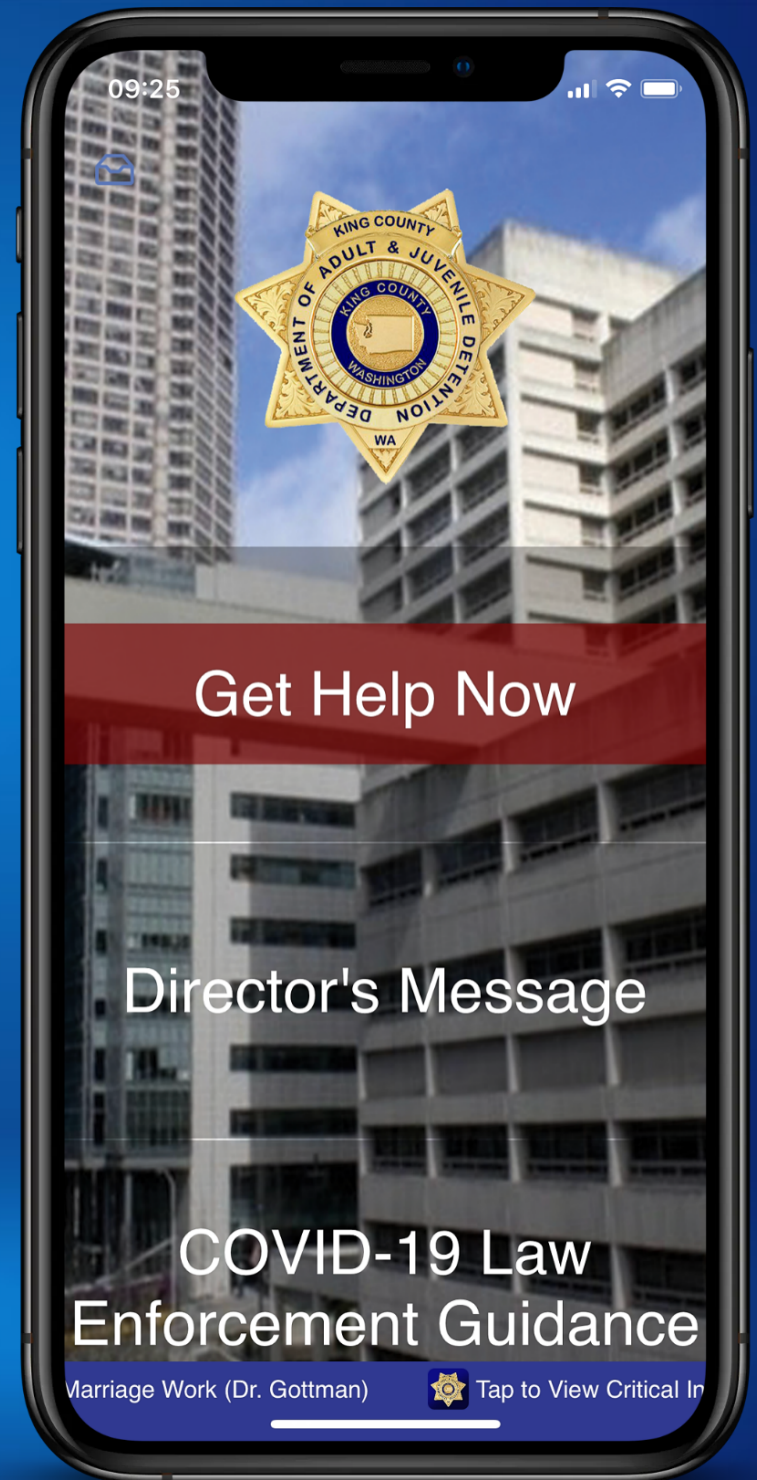


**24/7, Confidential,
Tool in Your Hand,
to Provide Help
When Needed.**



Installation Instructions

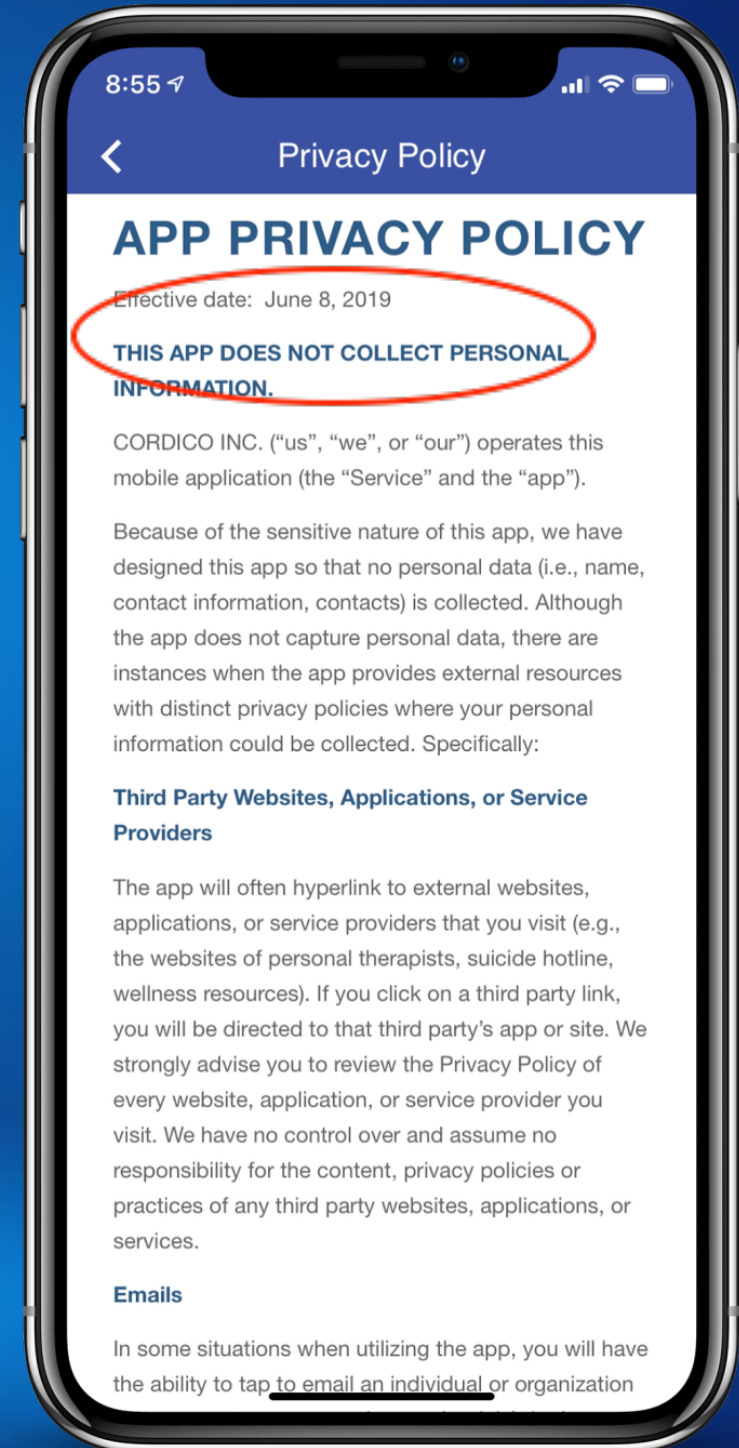
- Scan the QR Code with your phone camera
- Select iPhone or Android
- Download the app
- Enter the credentials:

Username: **DAJD-EMP**

Password: **1974**



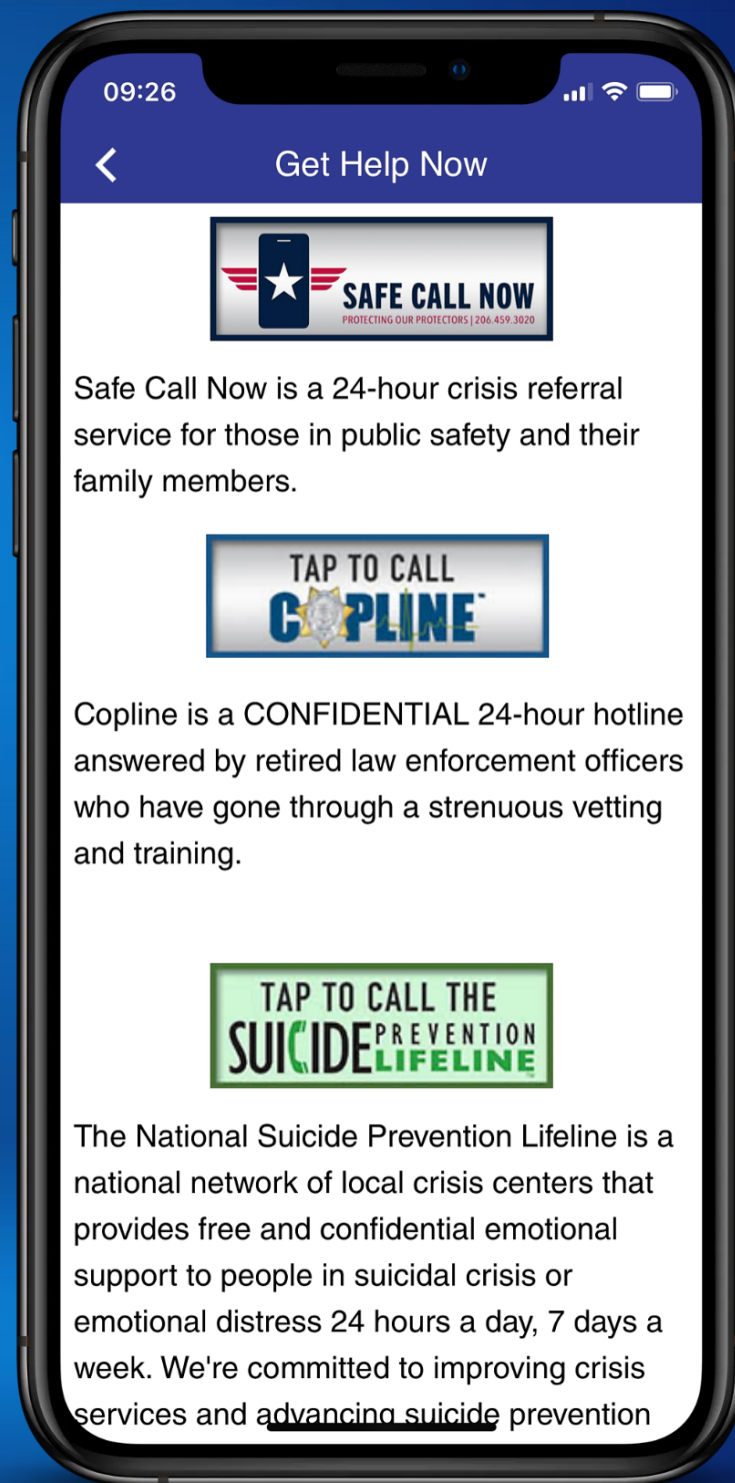
**It's Confidential.
No Personal Info is
Collected.**



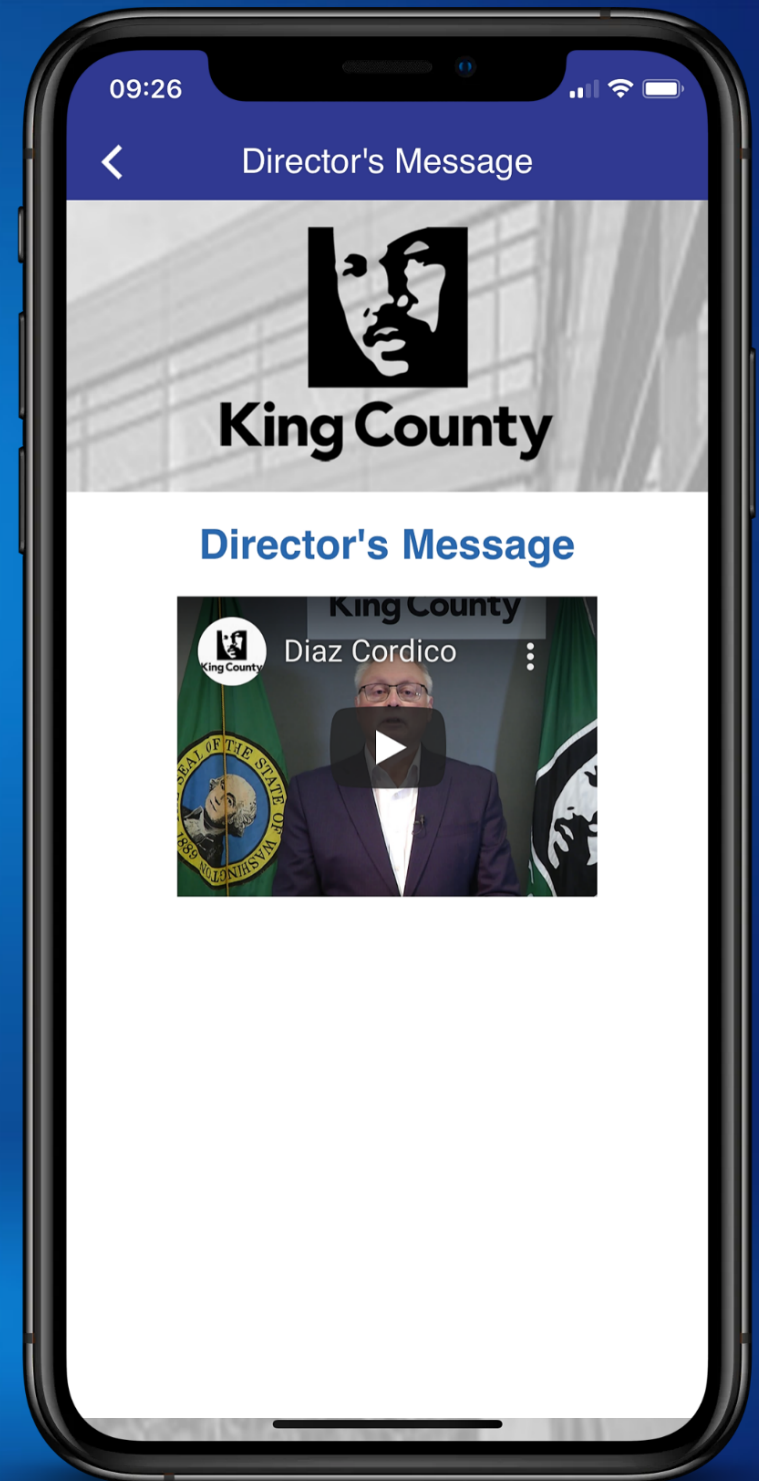
Get Help Now

If you're in crisis, one tap to connect to:

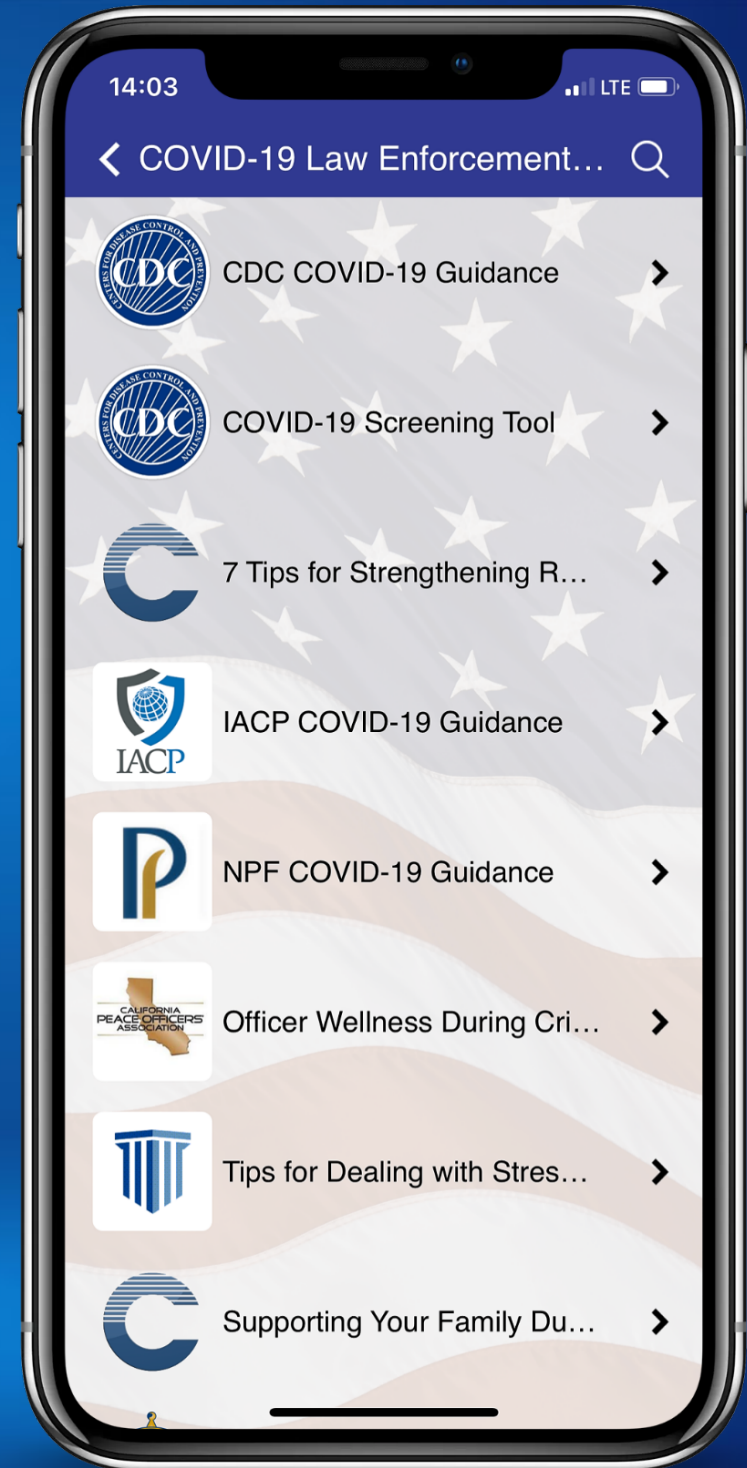
- Safe Call Now
- CopLine
- Suicide Prevention Lifeline
- Crisis Text Line



Director's Message



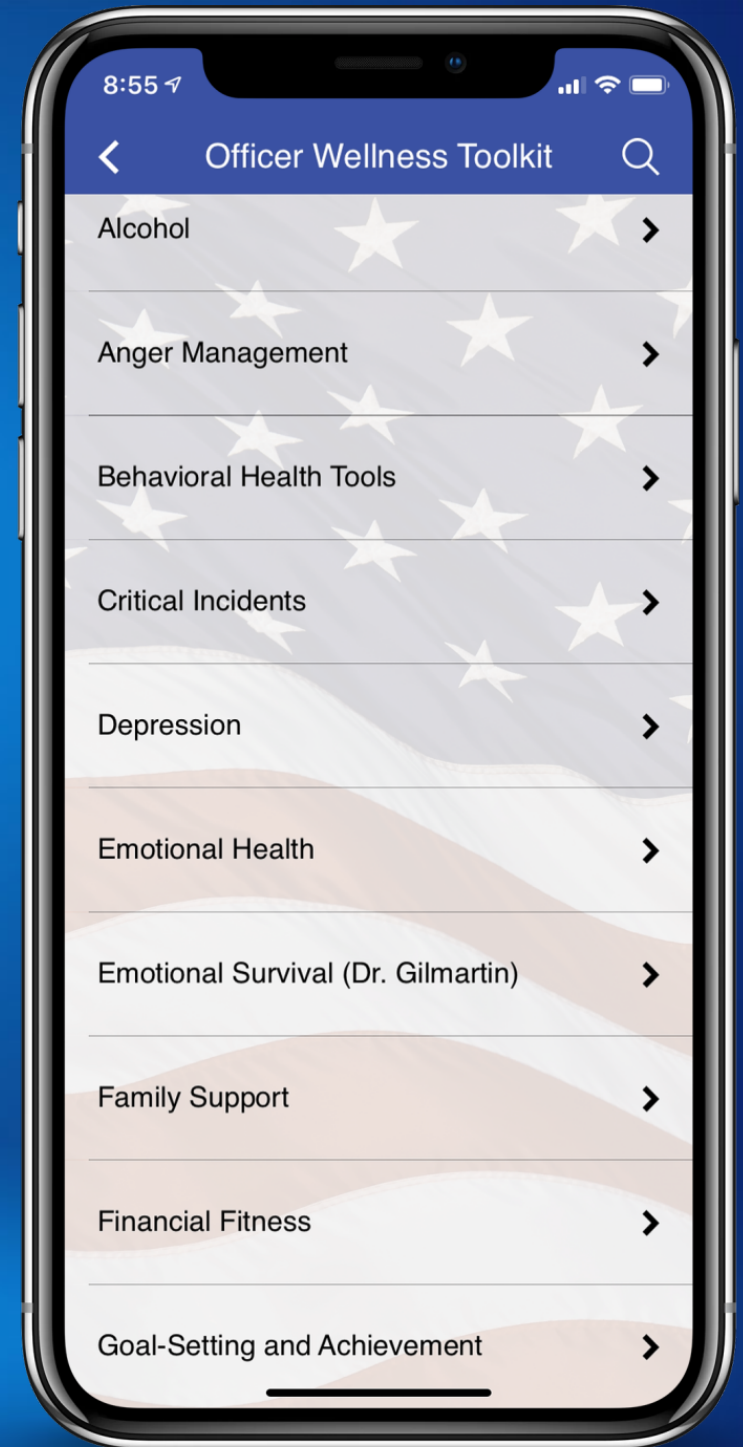
COVID-19 Law Enforcement Resources



Wellness Toolkit

Over 40 Modules including:

- Emotional Survival for Law Enforcement
- Financial Fitness
- Making Marriage Work
- Parenting Tips
- Sleep Optimization
- Trauma



Self-

Assessments

12 Modules including:

- Alcohol
- Compassion Fatigue
- Depression
- PTSD

Note: Results are only seen by the user

A smartphone screen showing the PTSD Checklist for DSM-5 (PCL-5) app. The status bar at the top shows the time 8:56, signal strength, Wi-Fi, and battery. The app has a blue header with a back arrow and a circular logo with a 'C'. The title 'PTSD Checklist for DSM-5 (PCL-5)' is in blue. The question asks how much the user was bothered by repeated, disturbing, and unwanted memories in the past month. There are five radio button options: 'Not at all', 'A little bit', 'Moderately', 'Quite a bit', and 'Extremely'. At the bottom, there is a progress bar showing 4% completion and navigation arrows.

8:56

<

PTSD Checklist for DSM-5 (PCL-5)

In the past month, how much were you bothered by:

1. Repeated, disturbing, and unwanted memories of the stressful experience?

☐ Not at all

☐ A little bit

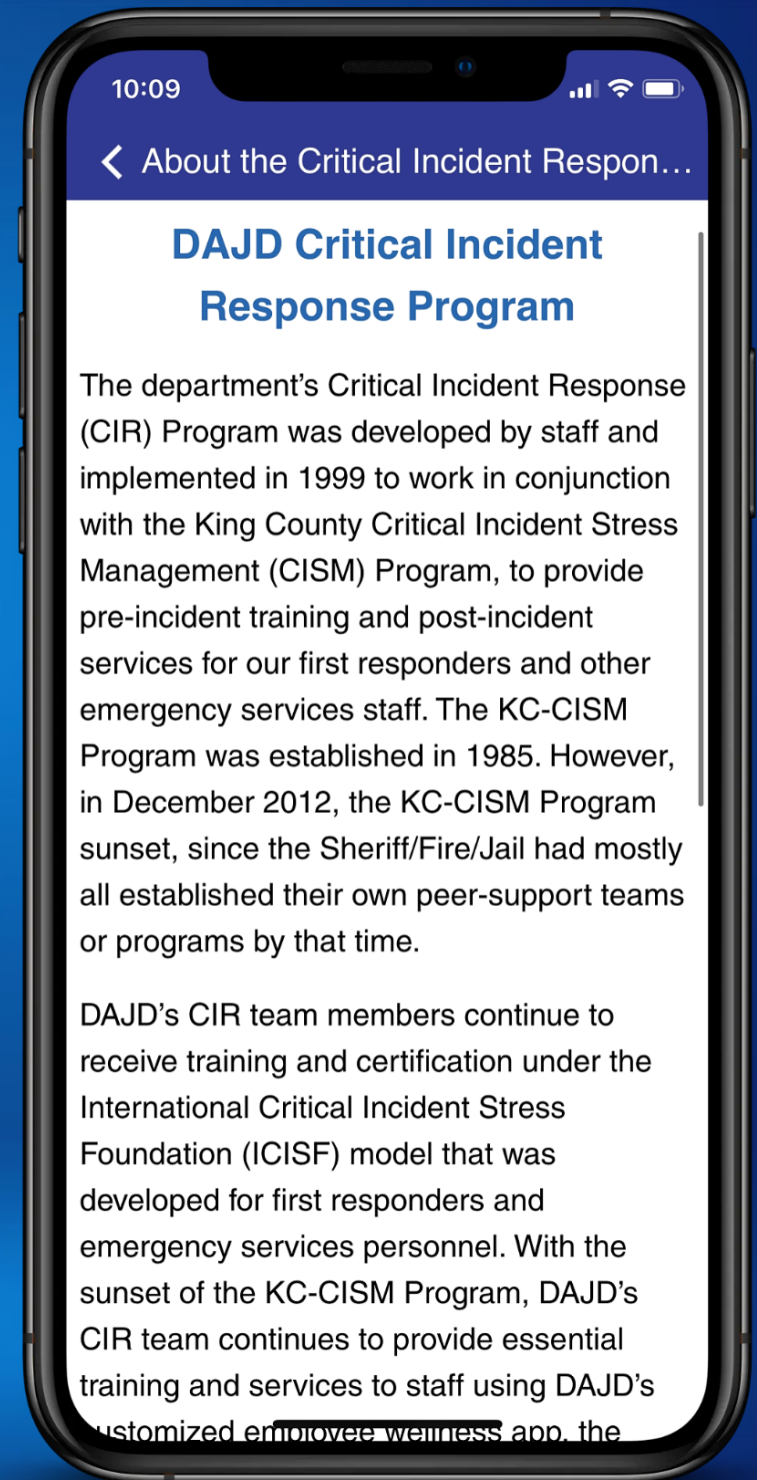
☐ Moderately

☐ Quite a bit

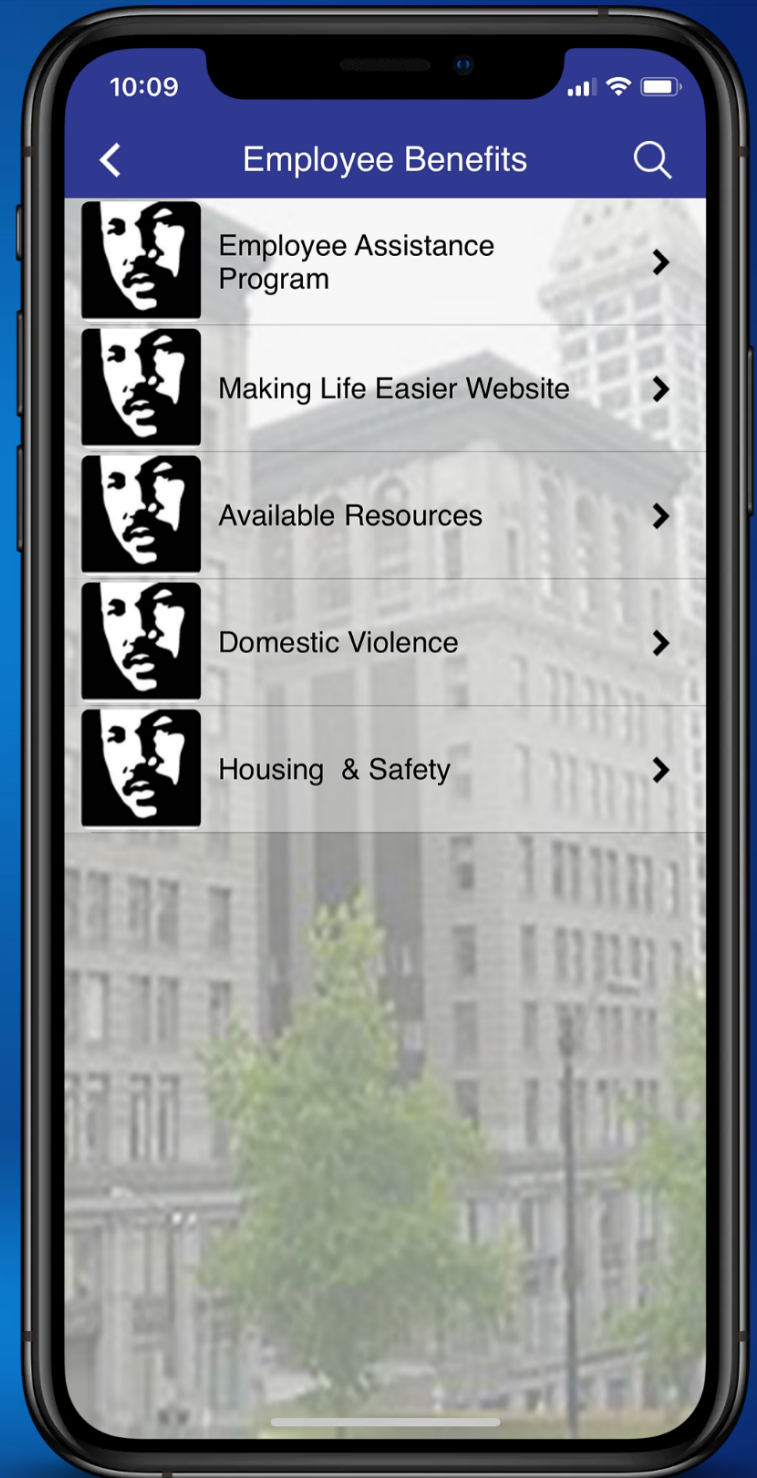
☐ Extremely

4%

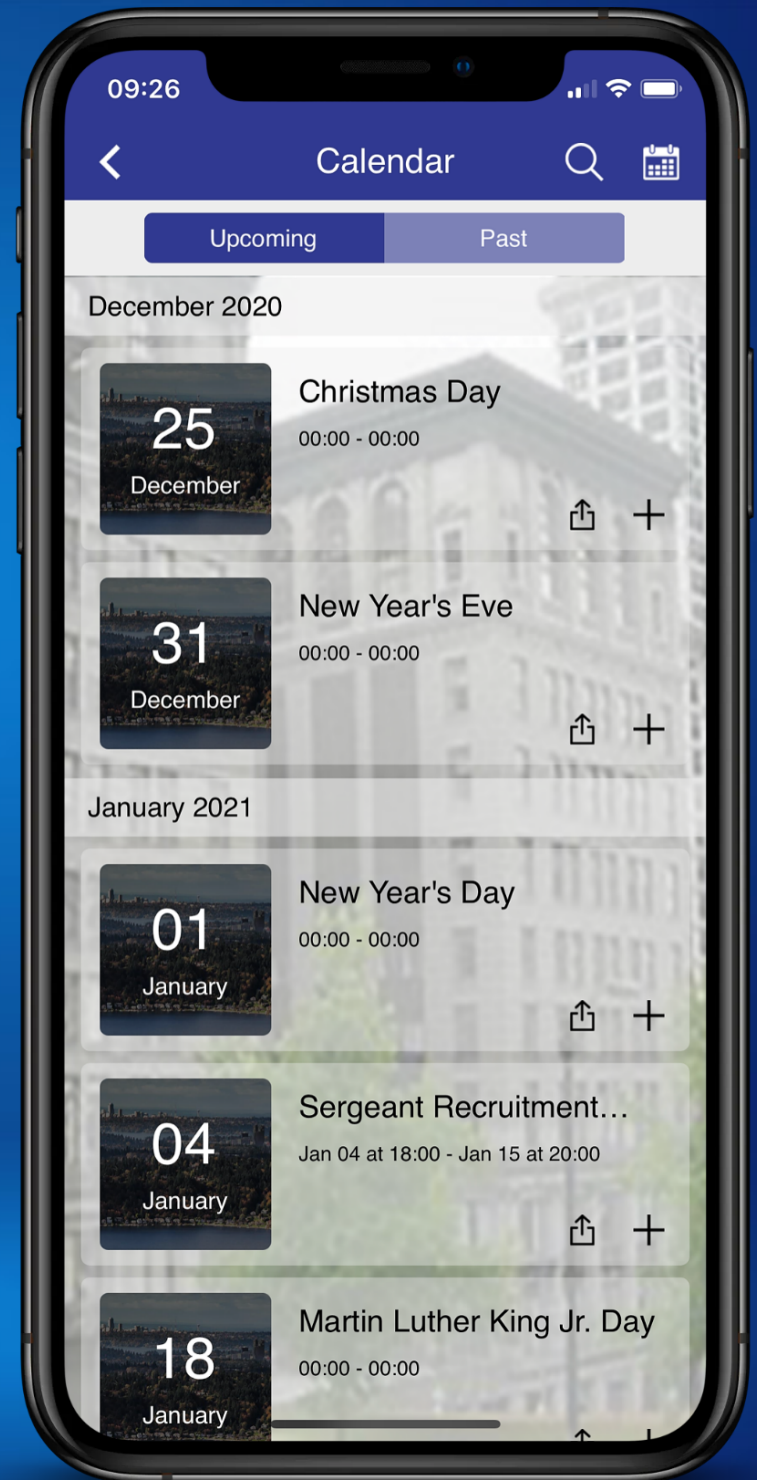
Critical Incident Response Team



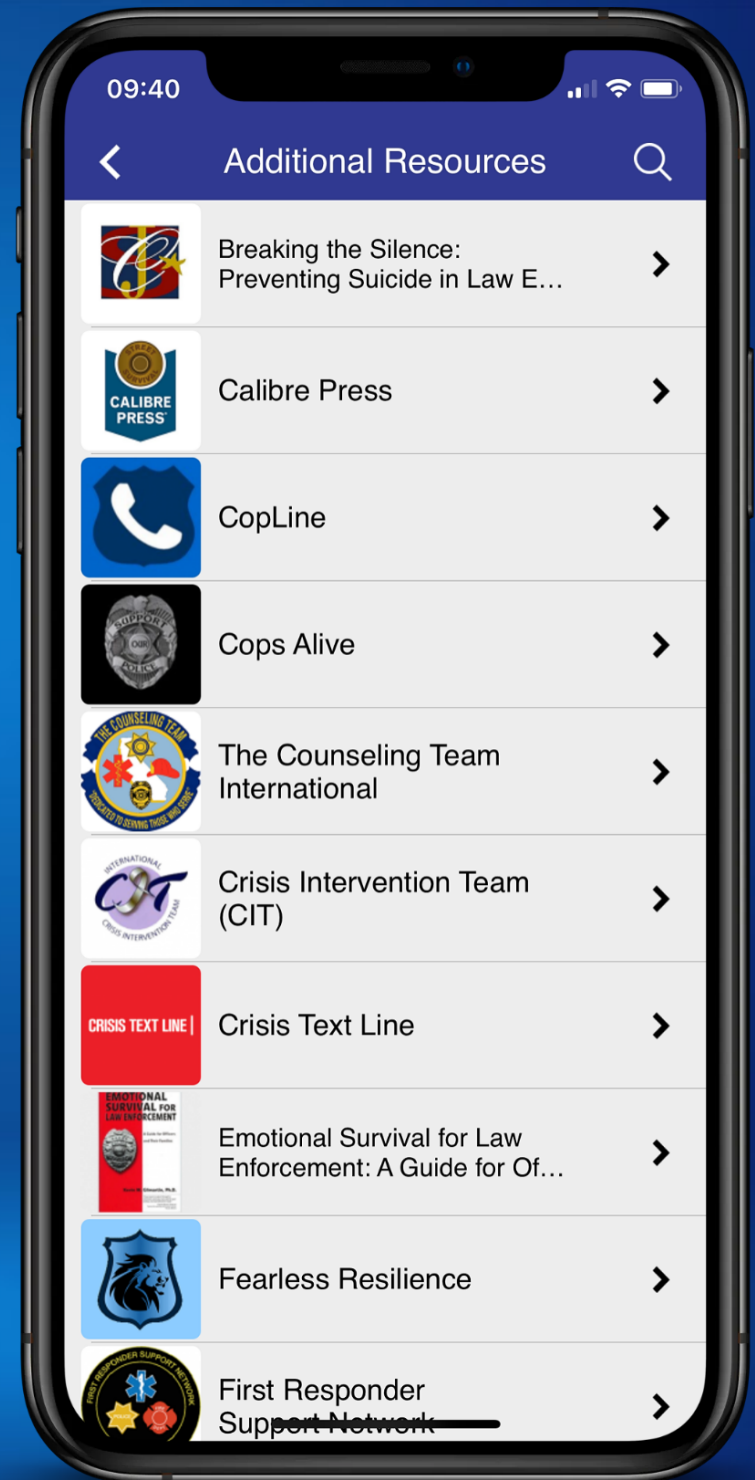
Employee Benefits



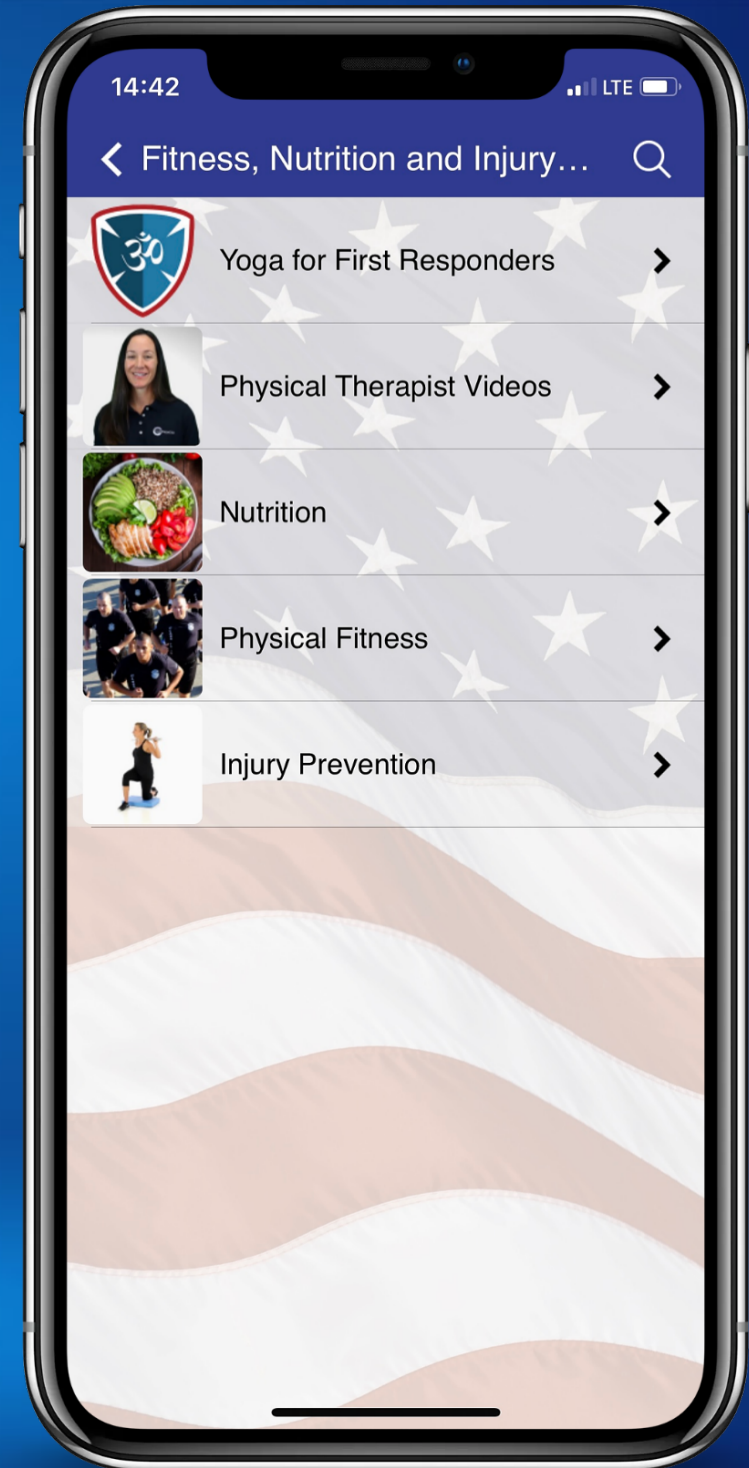
Calendar



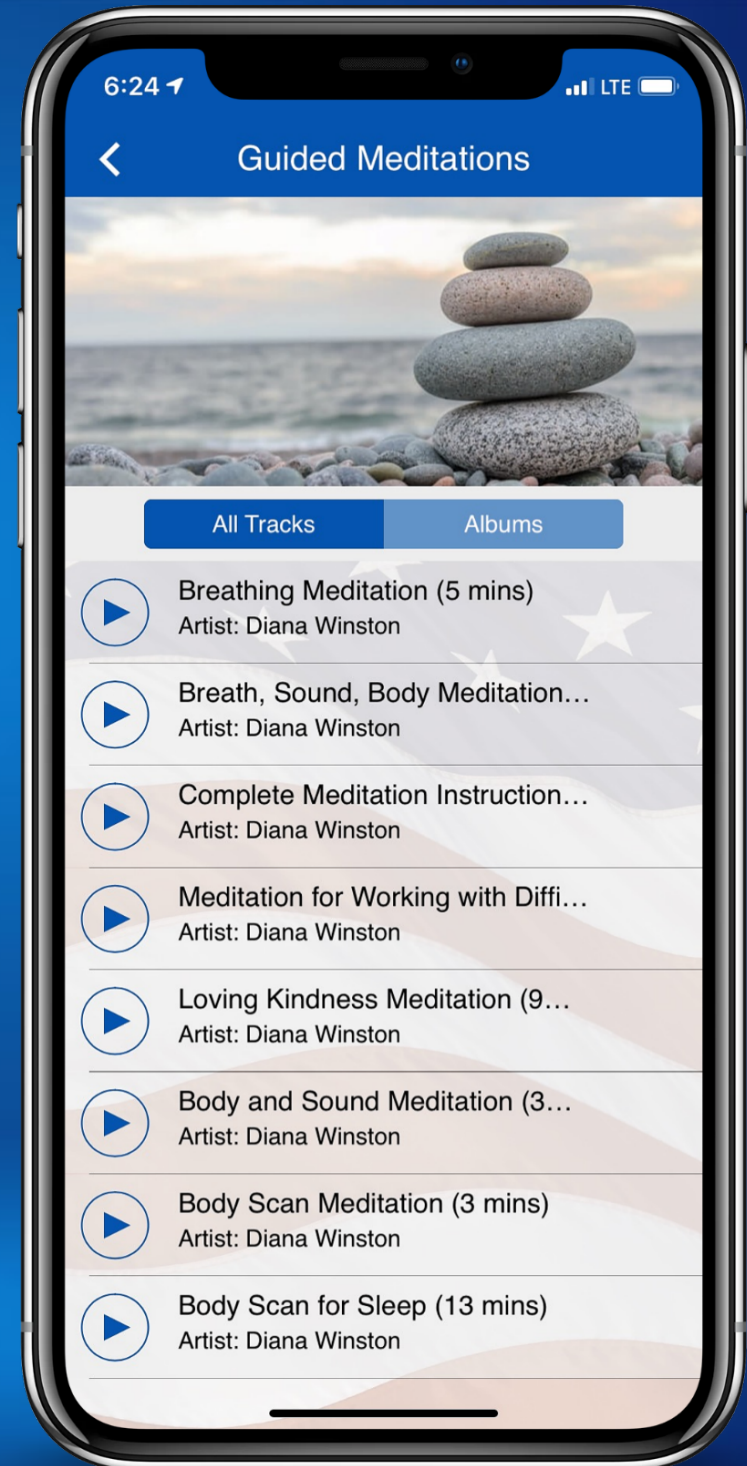
Additional Resources



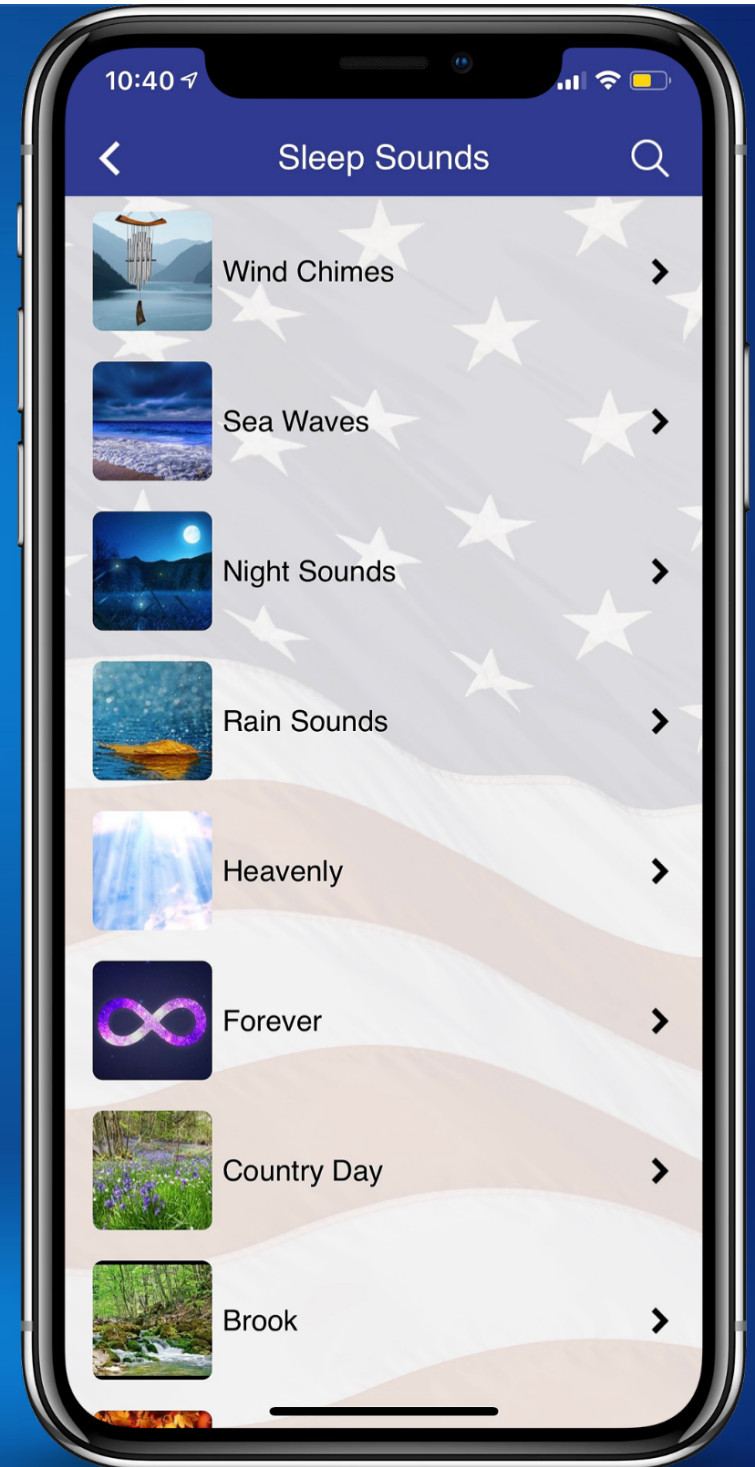
Fitness and Nutrition



Guided Meditations



Sounds for Sleep





**Spouses and Significant
Others are Welcomed to
Download and Use the App**

