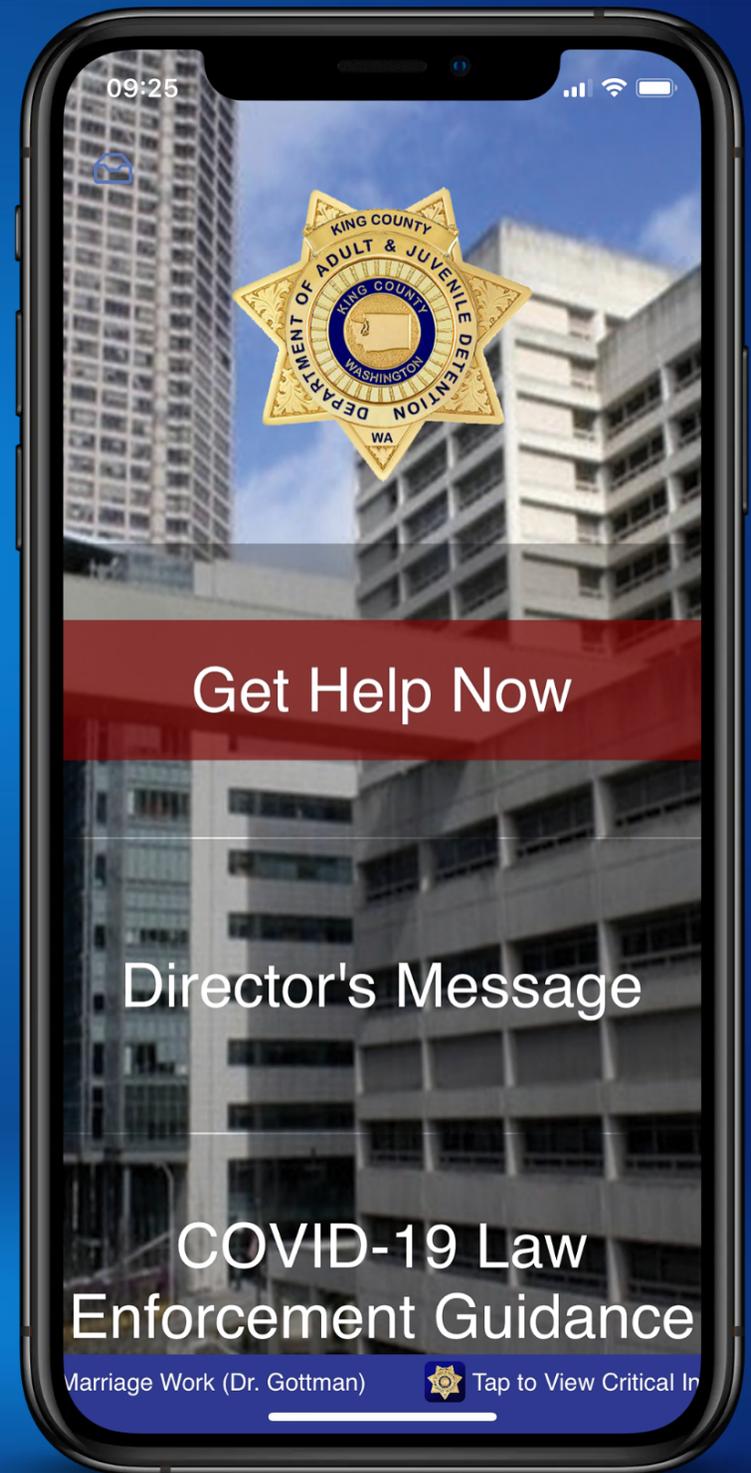


**24/7, Confidential,  
Tool in Your Hand,  
to Provide Help  
When Needed.**

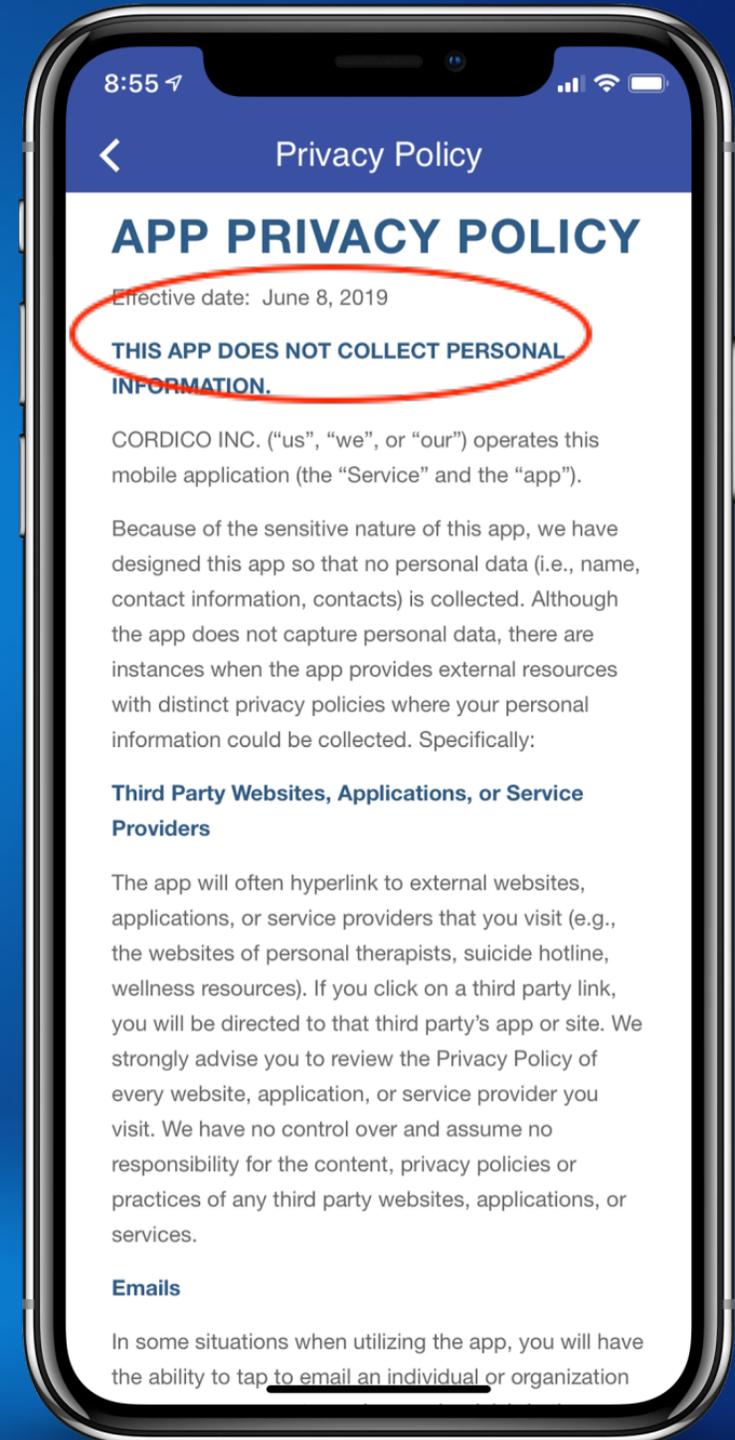


# Installation Instructions

- Scan the QR Code with your phone camera
- Select iPhone or Android
- Download the app
- Enter the credentials:  
Username: **DAJD-EMF**  
Password: **1974**



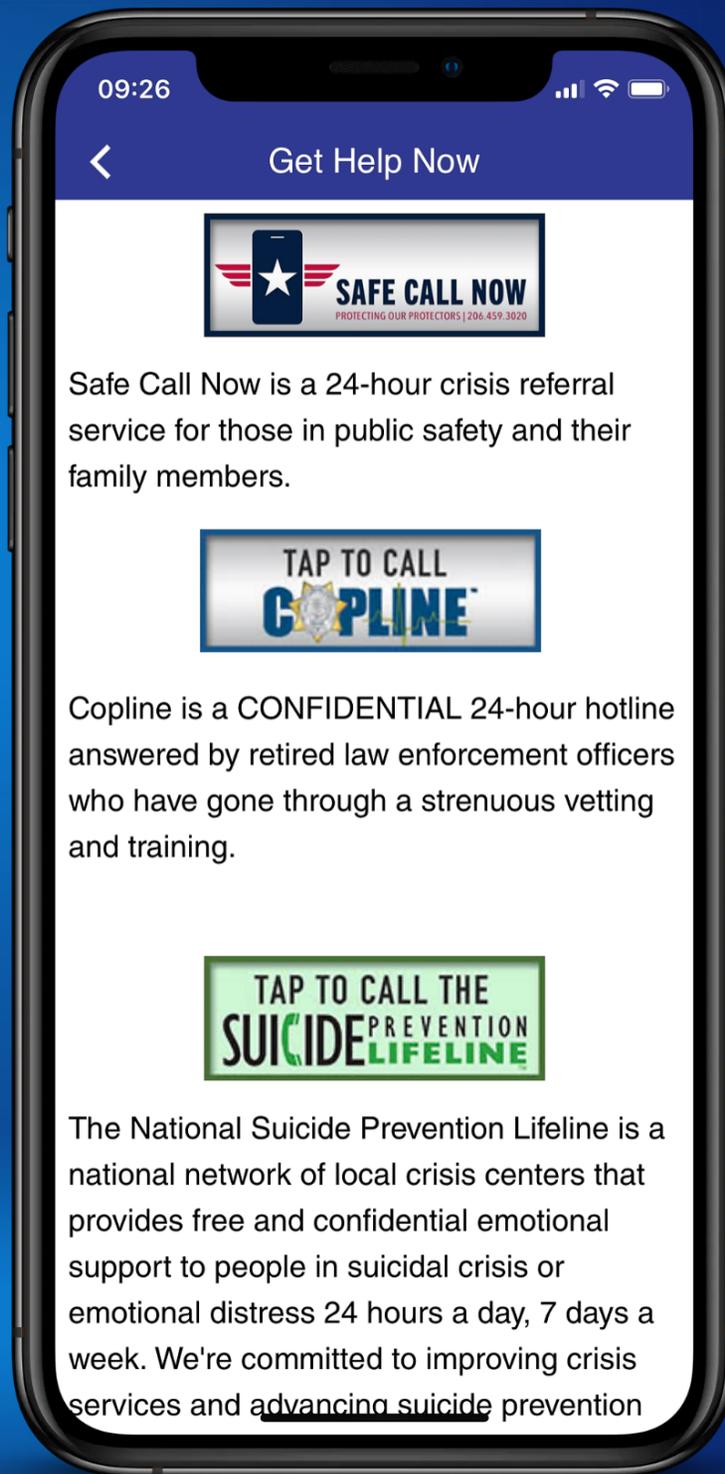
**It's Confidential.  
No Personal Info is  
Collected.**



# Get Help Now

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

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



Safe Call Now is a 24-hour crisis referral service for those in public safety and their family members.

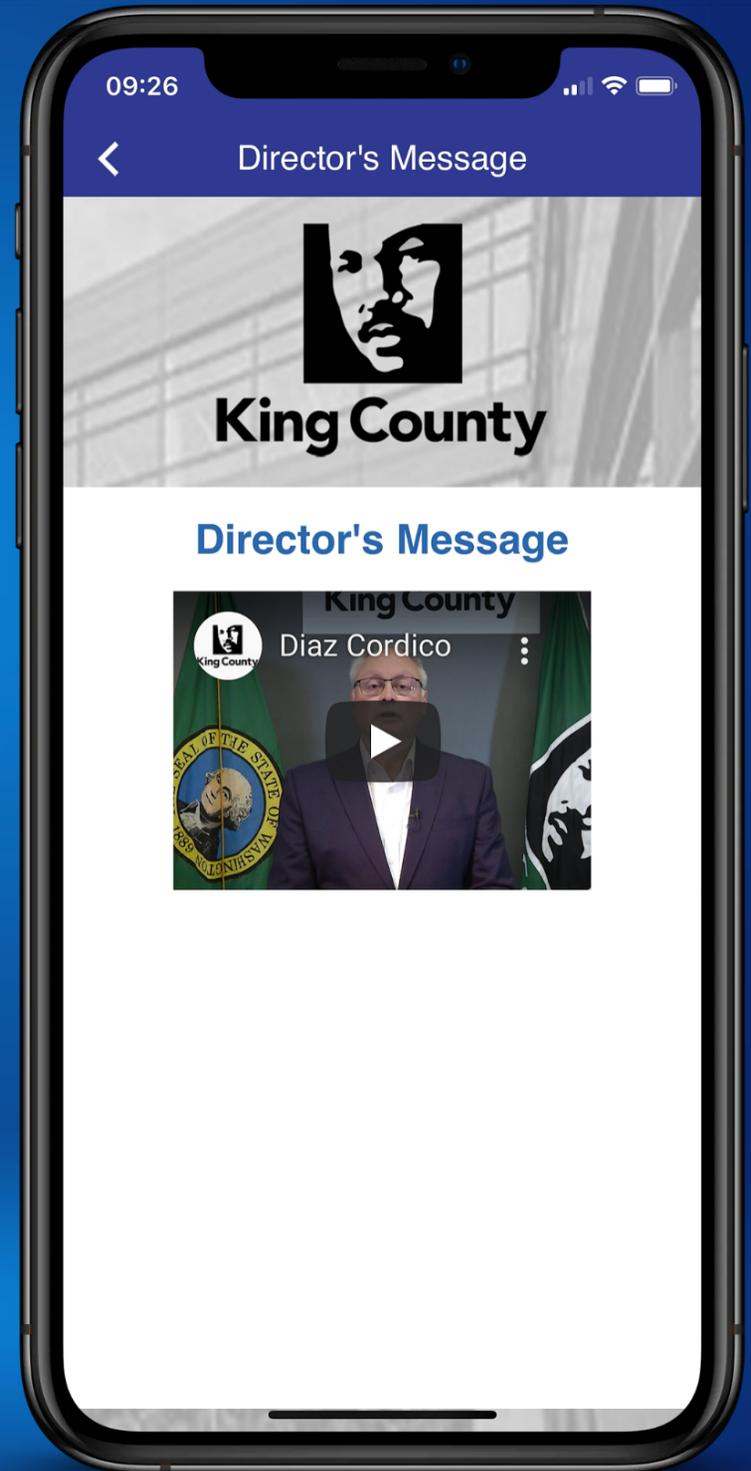


Copline is a CONFIDENTIAL 24-hour hotline answered by retired law enforcement officers who have gone through a strenuous vetting and training.

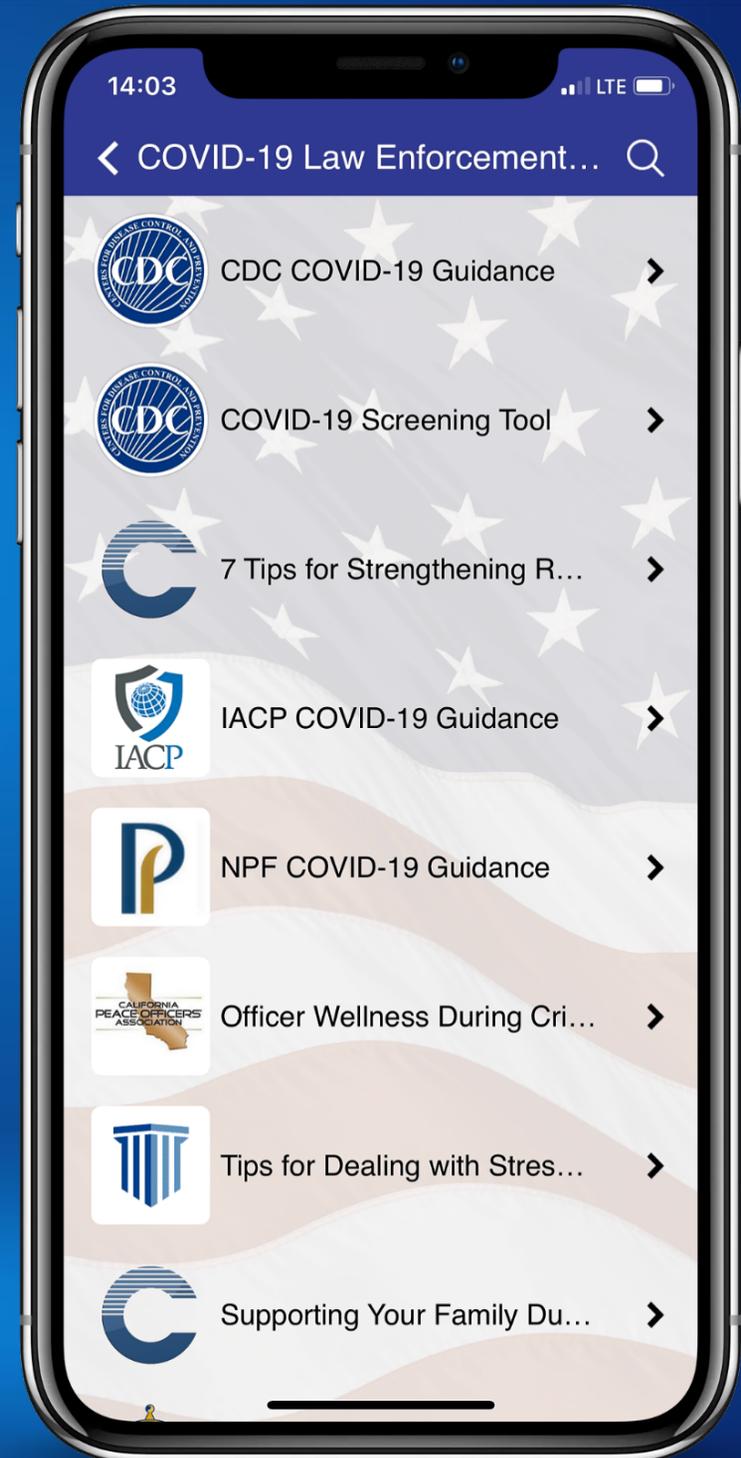


The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We're committed to improving crisis services and advancing suicide prevention

# Director's Message



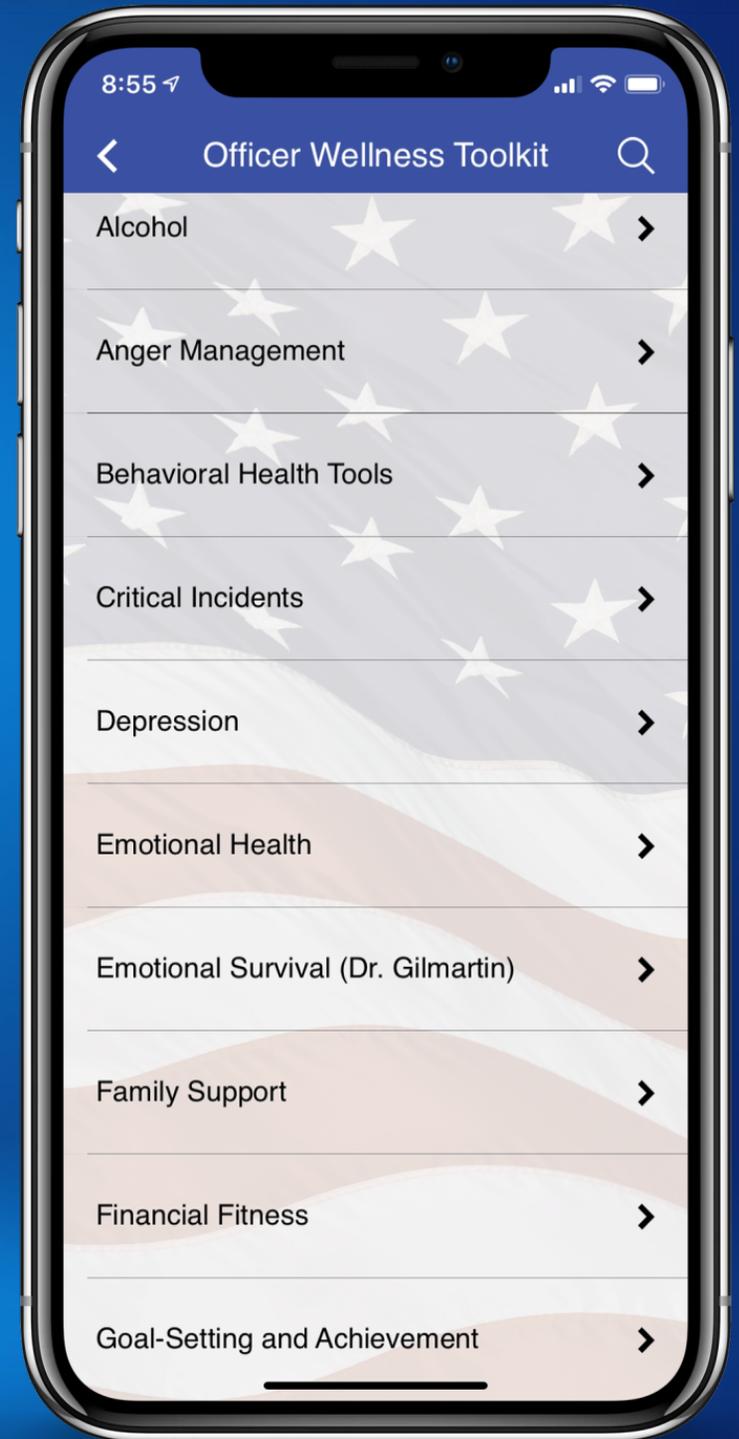
# COVID-19 Law Enforcement Resources



# Wellness Toolkit

Over 40 Modules including:

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

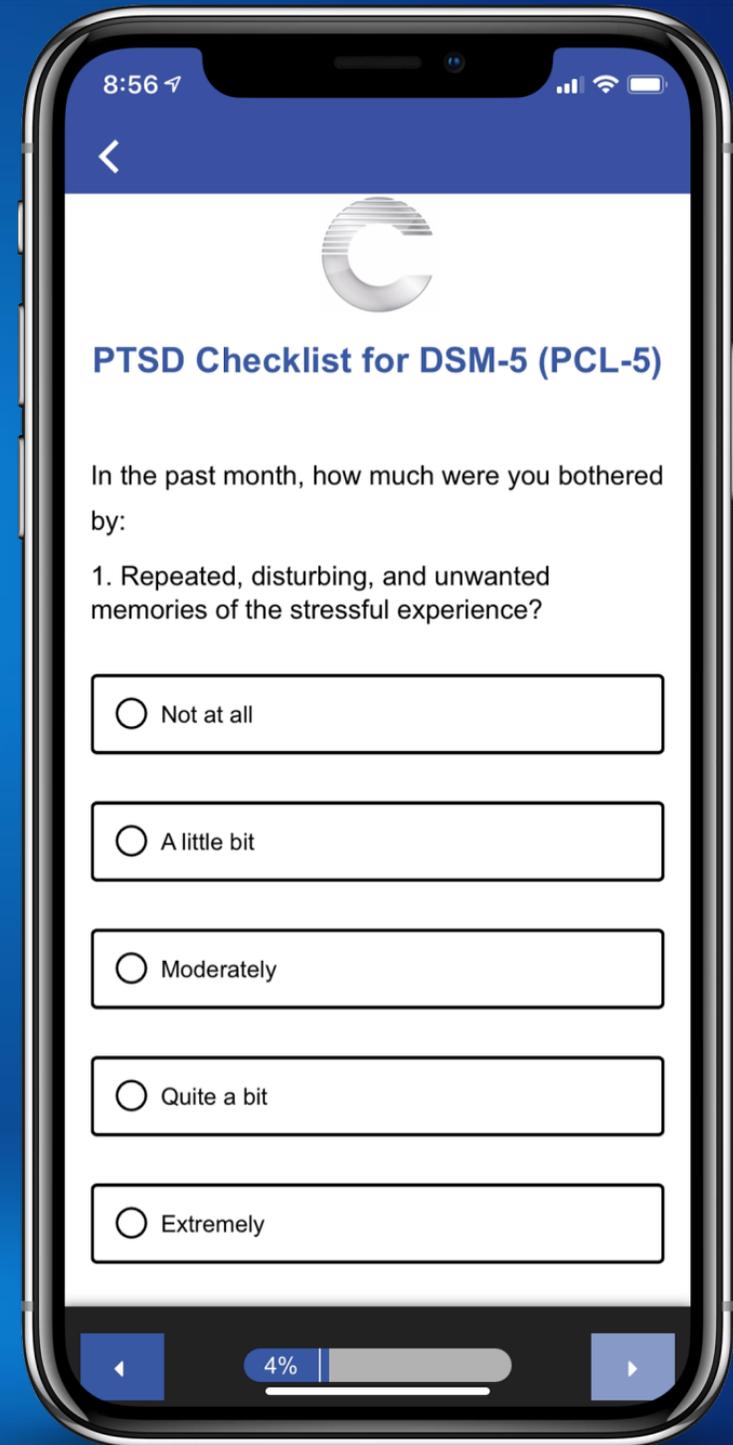


# Self-Assessments

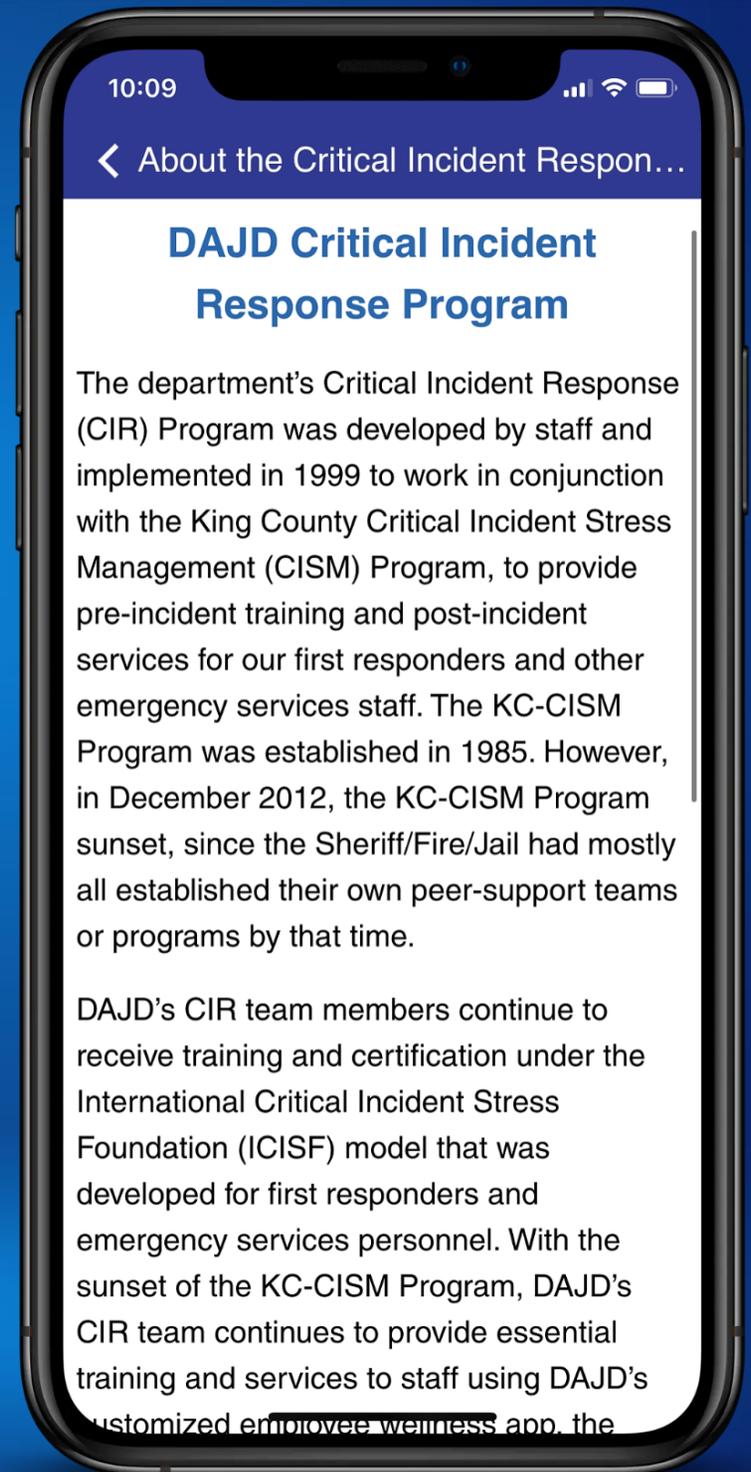
12 Modules including:

- Alcohol
- Compassion Fatigue
- Depression
- PTSD

Note: Results are only seen by the user



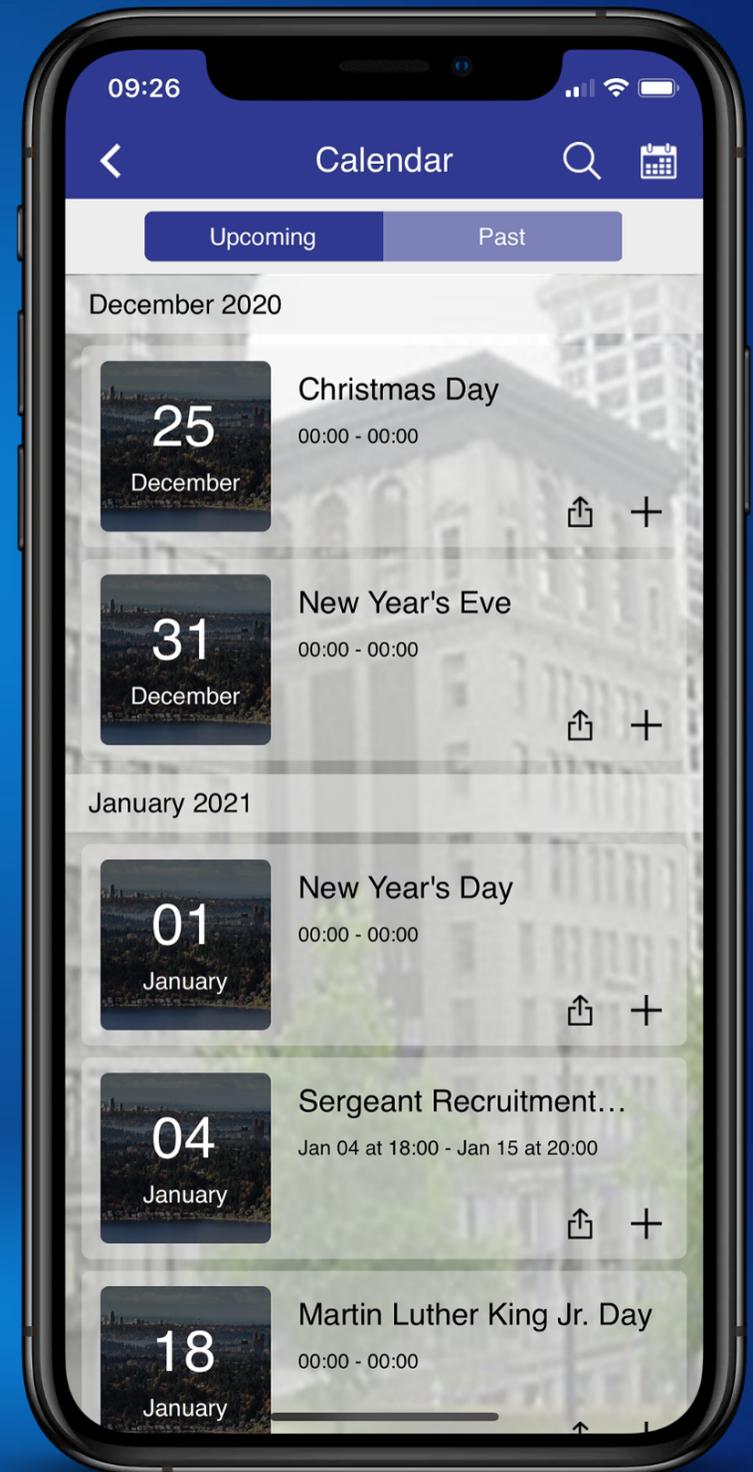
# Critical Incident Response Team



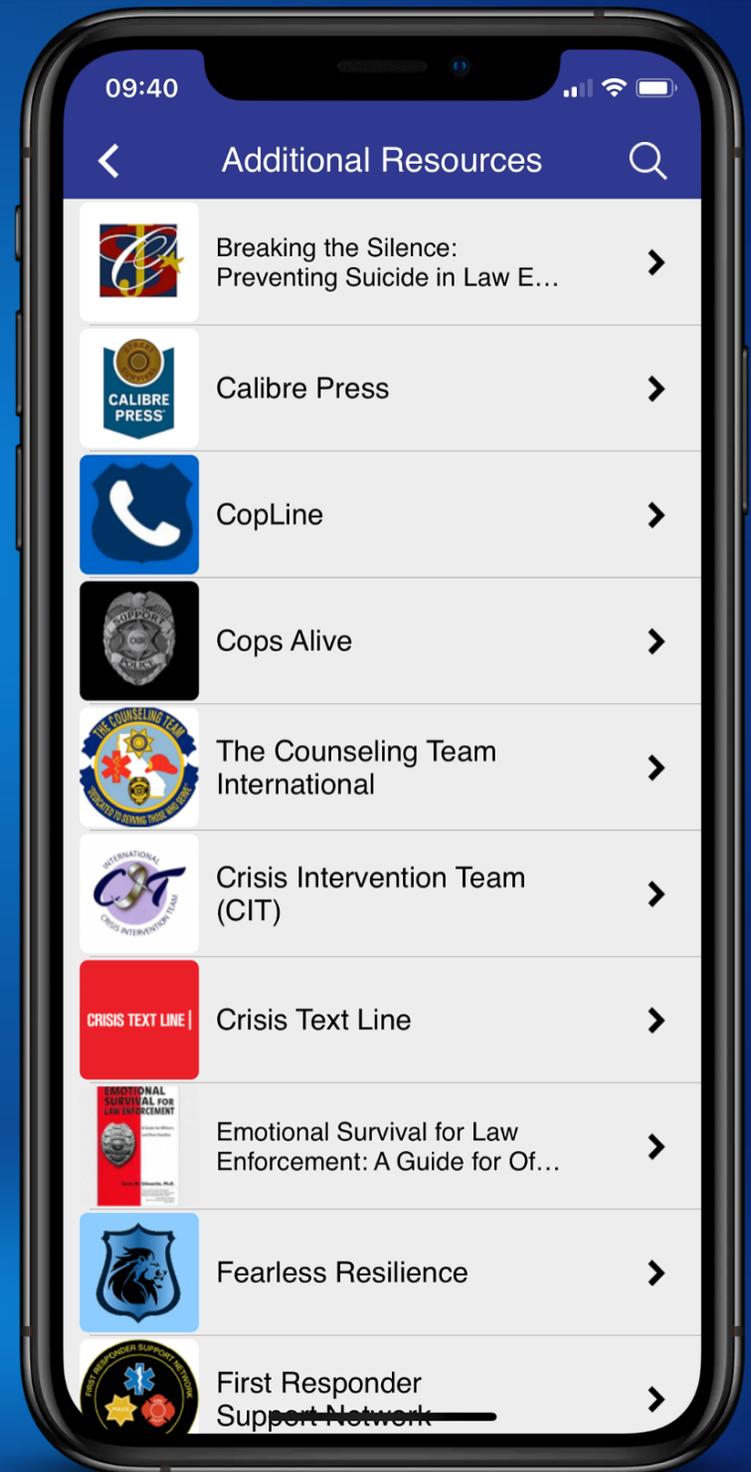
# Employee Benefits



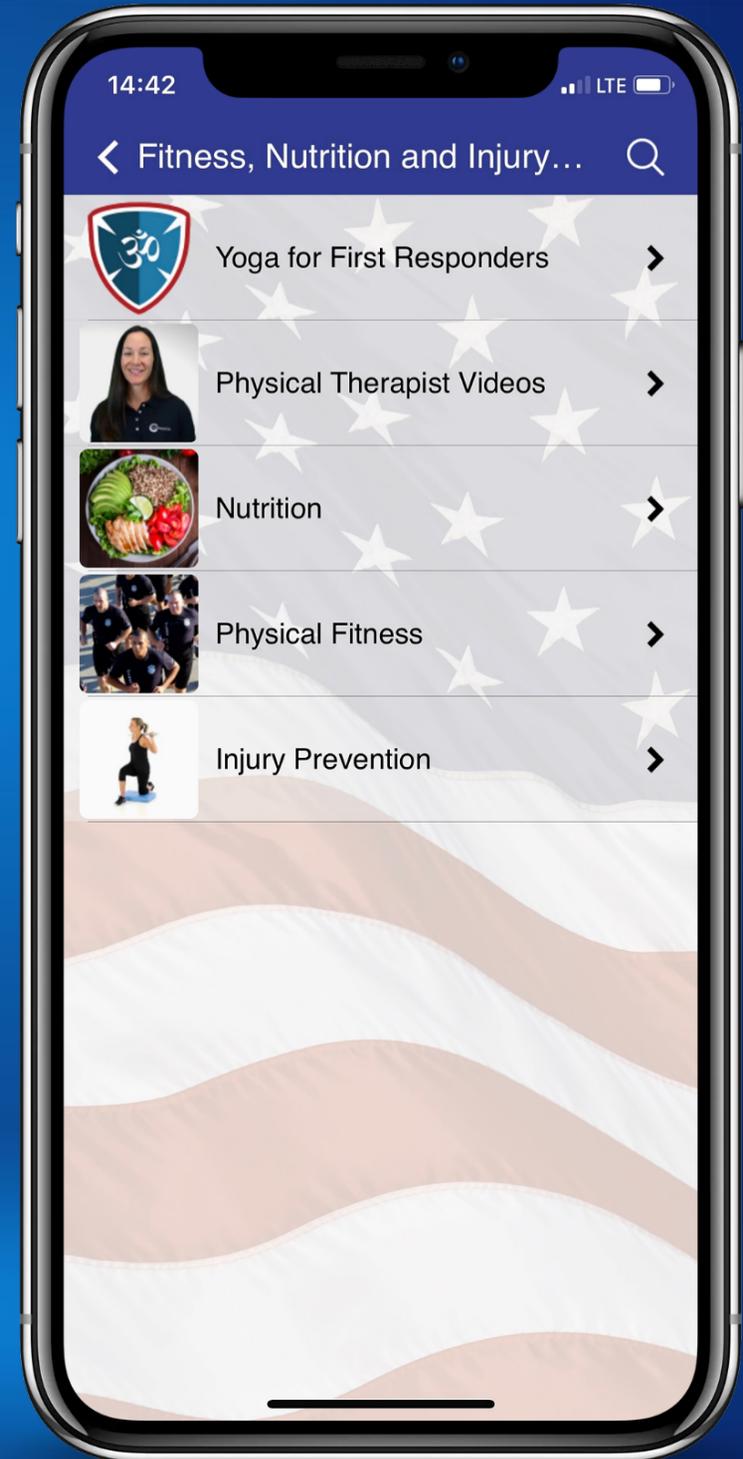
# Calendar



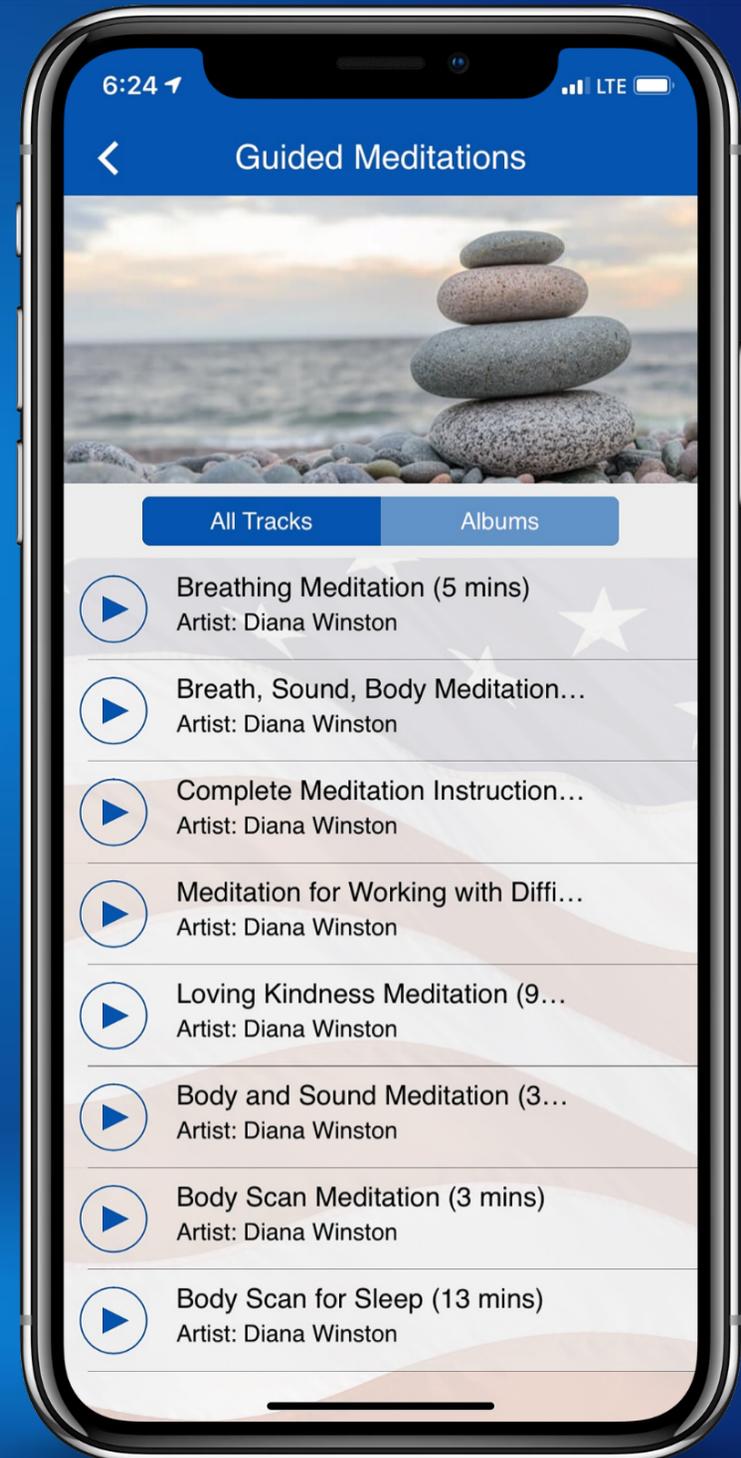
# Additional Resources



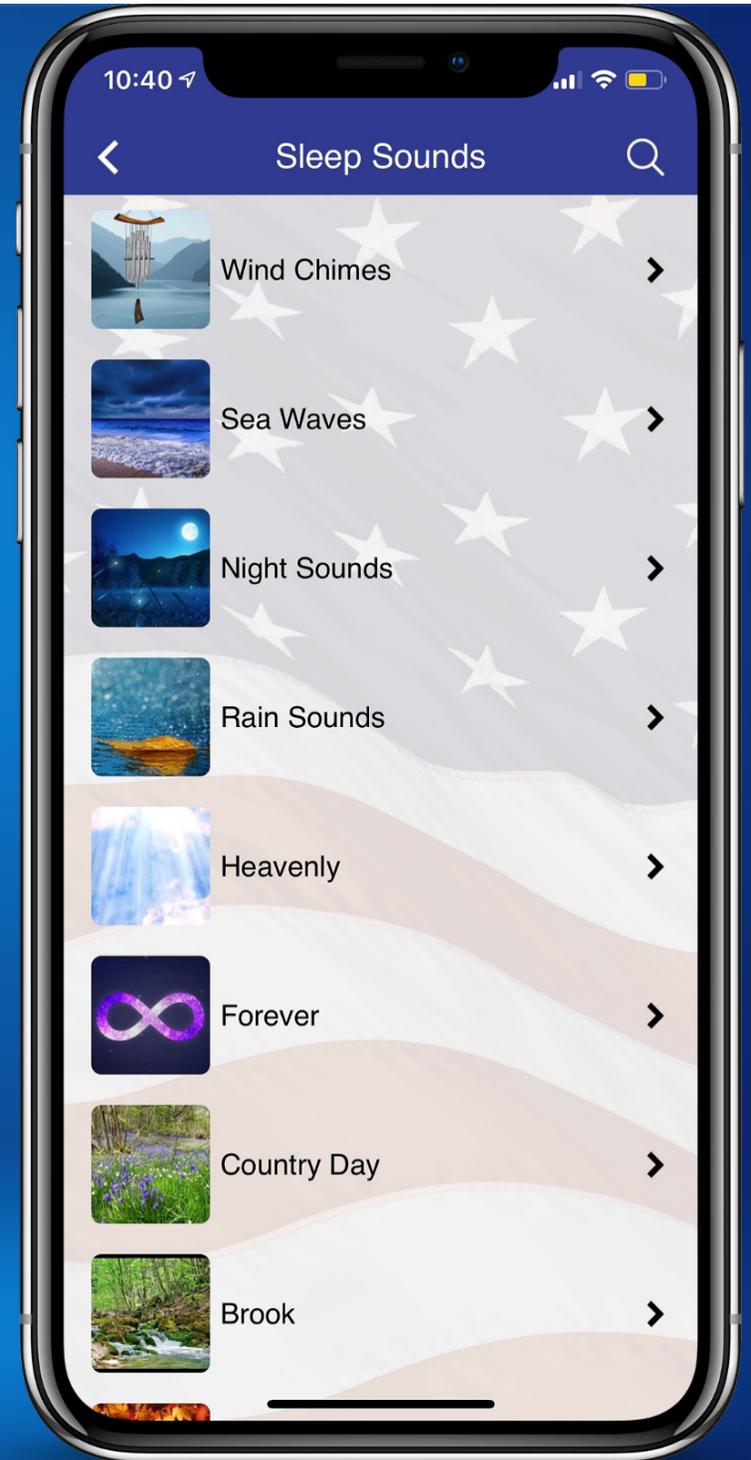
# Fitness and Nutrition



# Guided Meditations



# Sounds for Sleep





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

