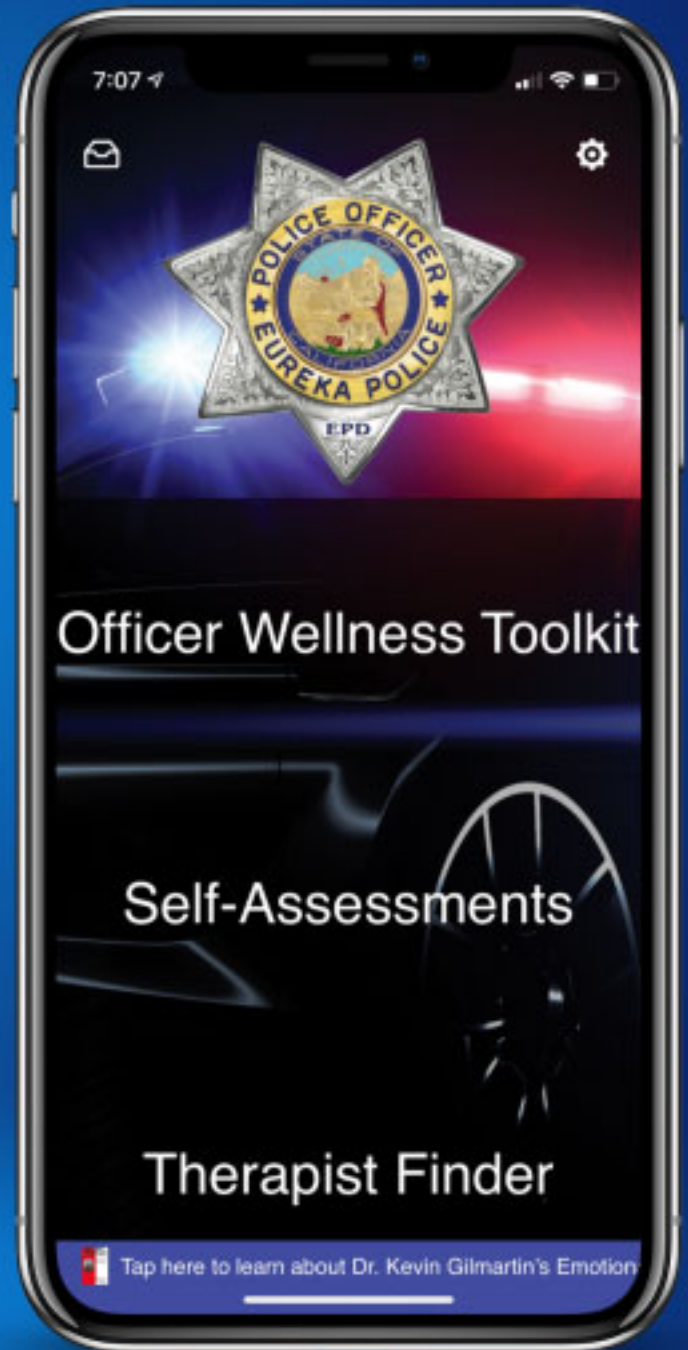


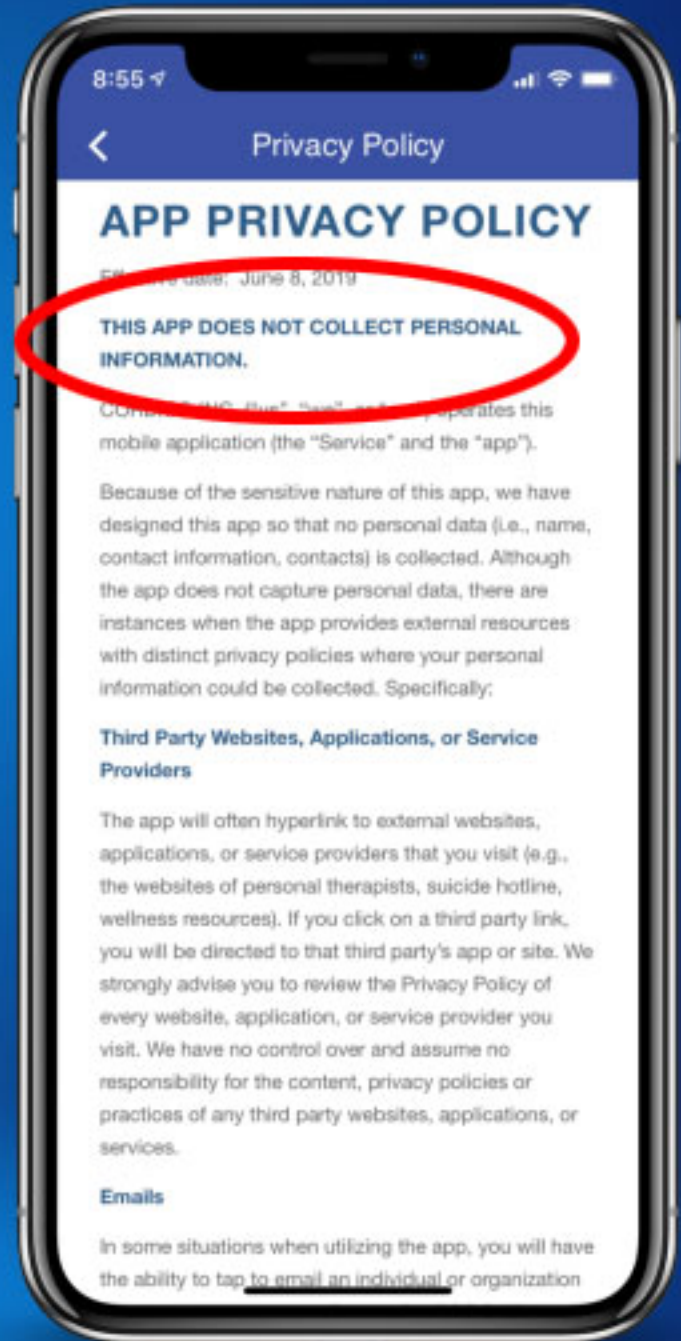
The Eureka PD Wellness App



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



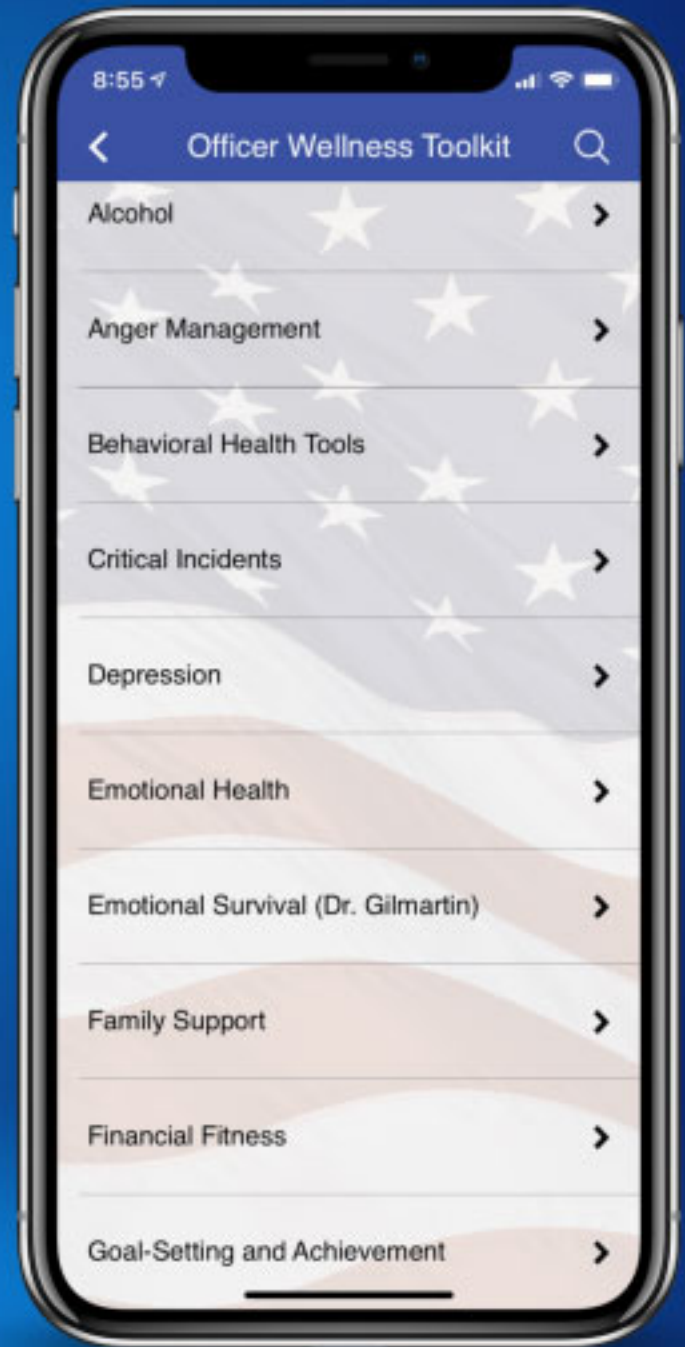
It's Confidential.
No Personal Info
is Collected.



The Officer Wellness Toolkit

Over 30 Modules including:

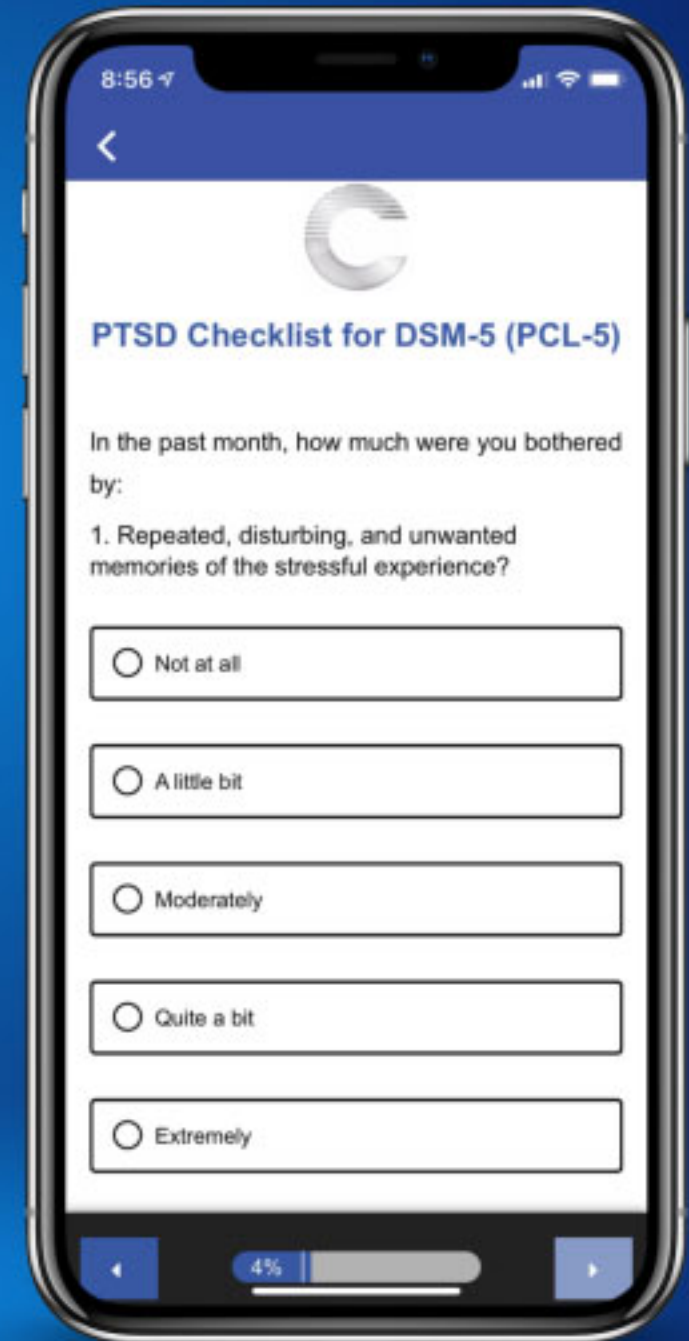
- Emotional Survival for Law Enforcement
- Financial Fitness
- Making Marriage Work
- Parenting Tips
- Sleep Optimization
- Trauma



Self-Assessments


12 Modules including:

- Alcohol
- Compassion Fatigue
- Depression
- PTSD



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

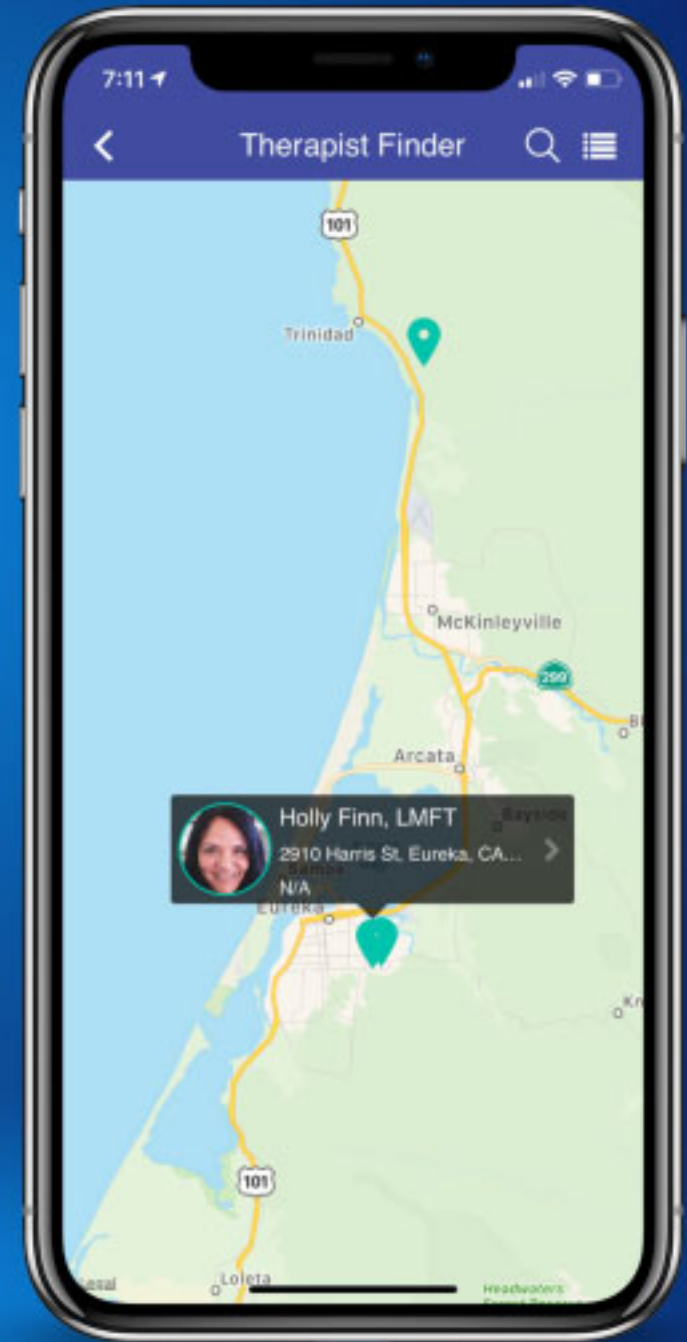
Moderately

Quite a bit

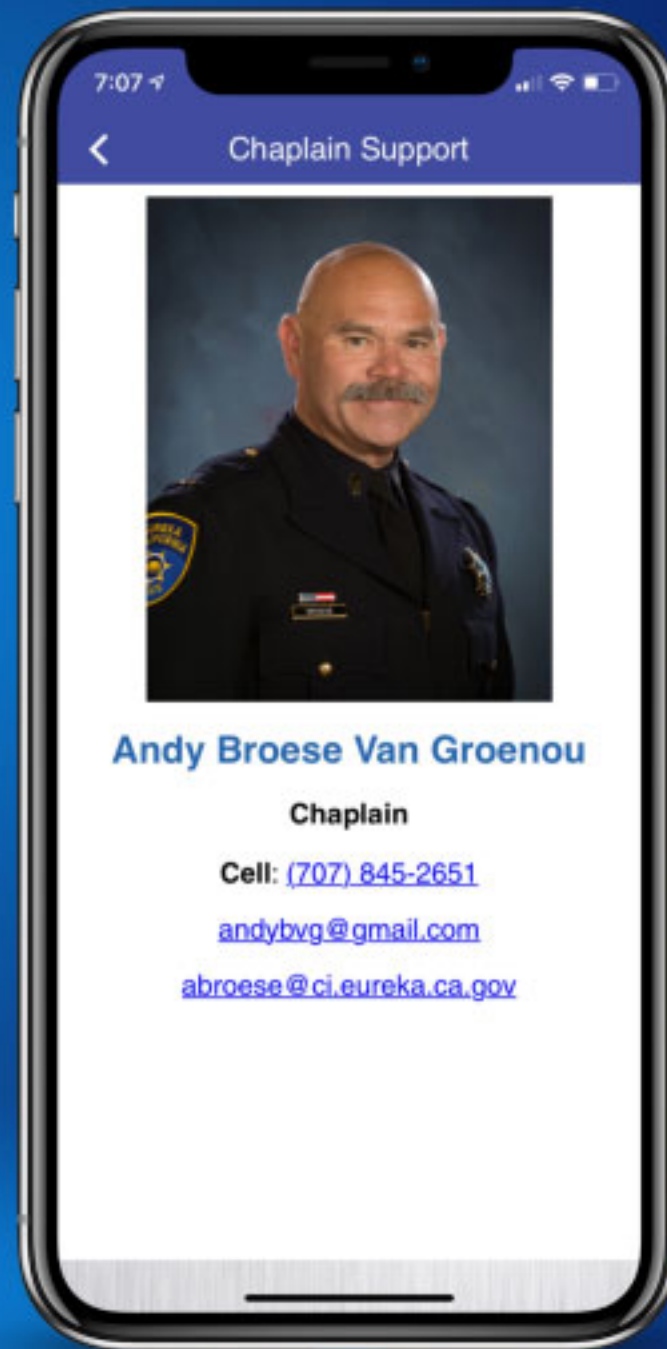
Extremely

4%

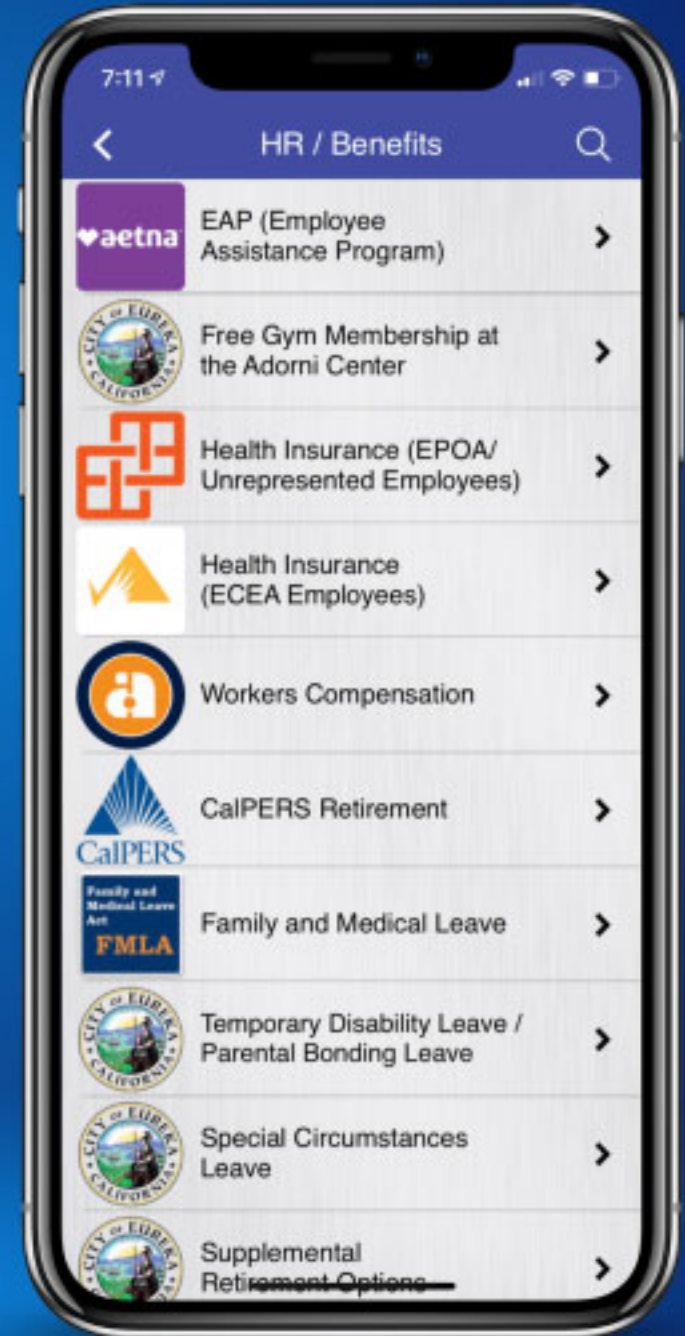
Therapist Finder



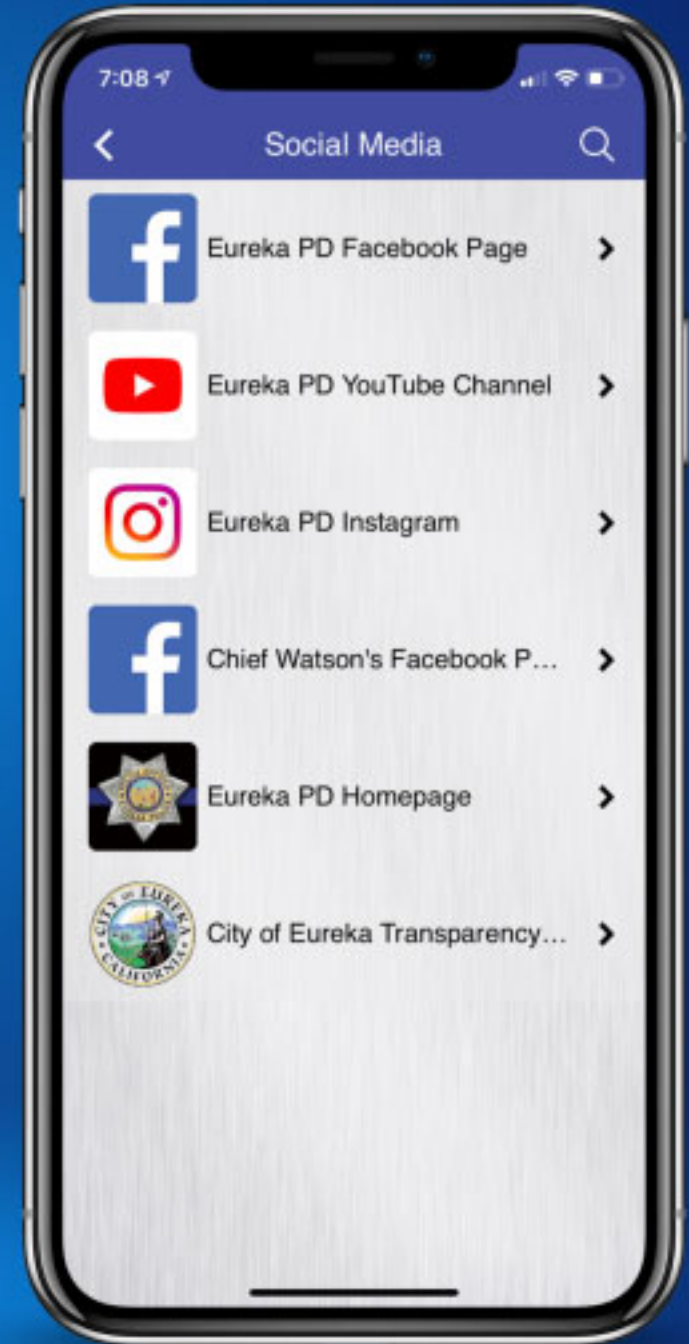
Chaplain Support



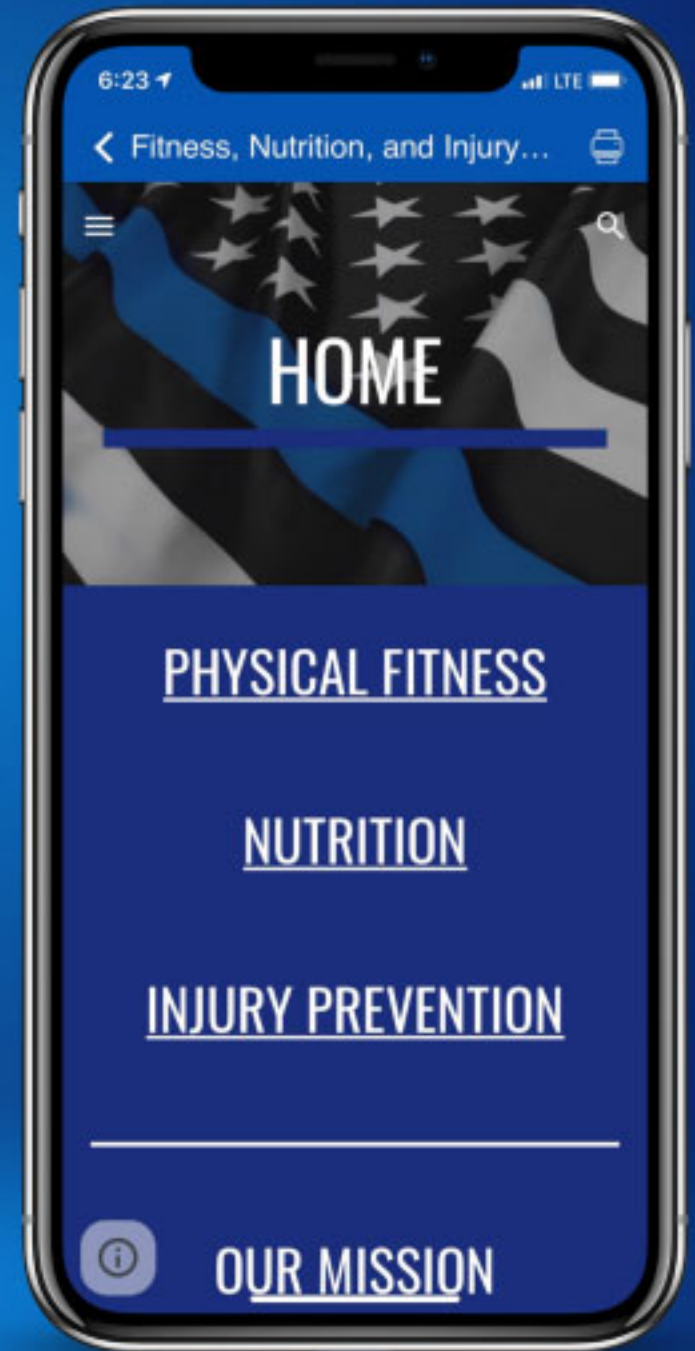
HR/Benefits



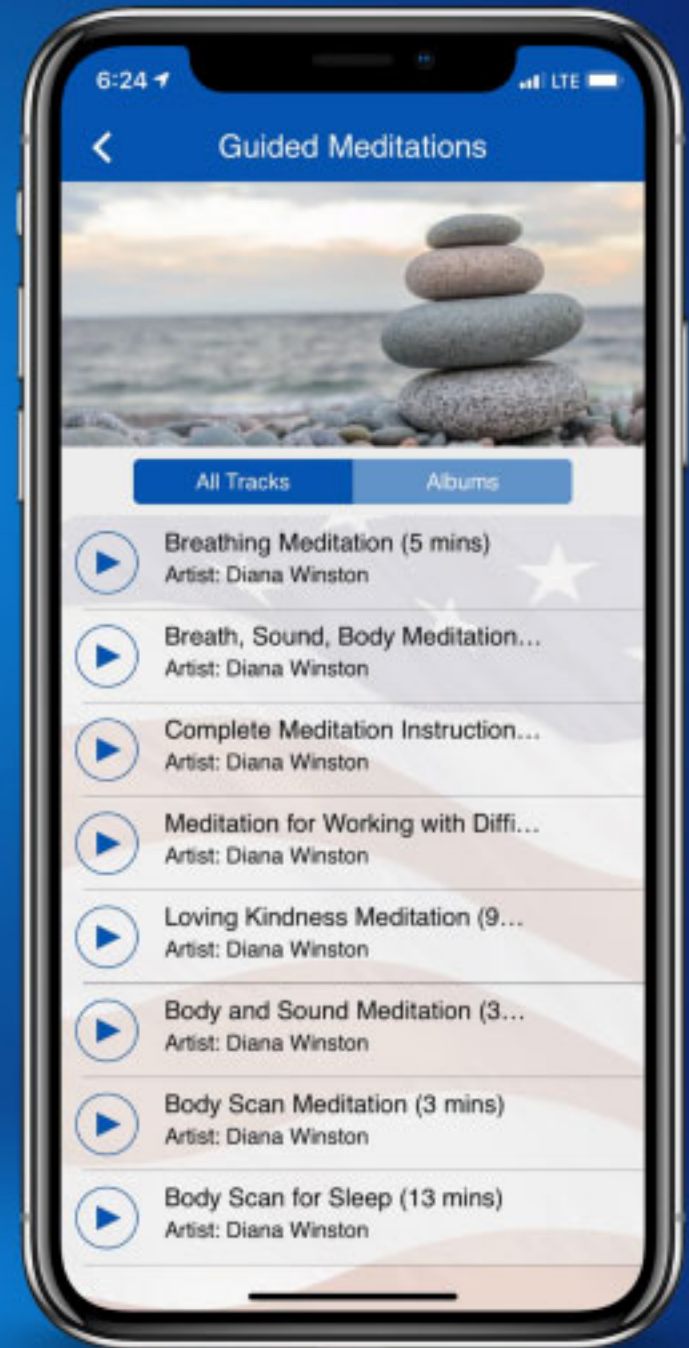
Social Media



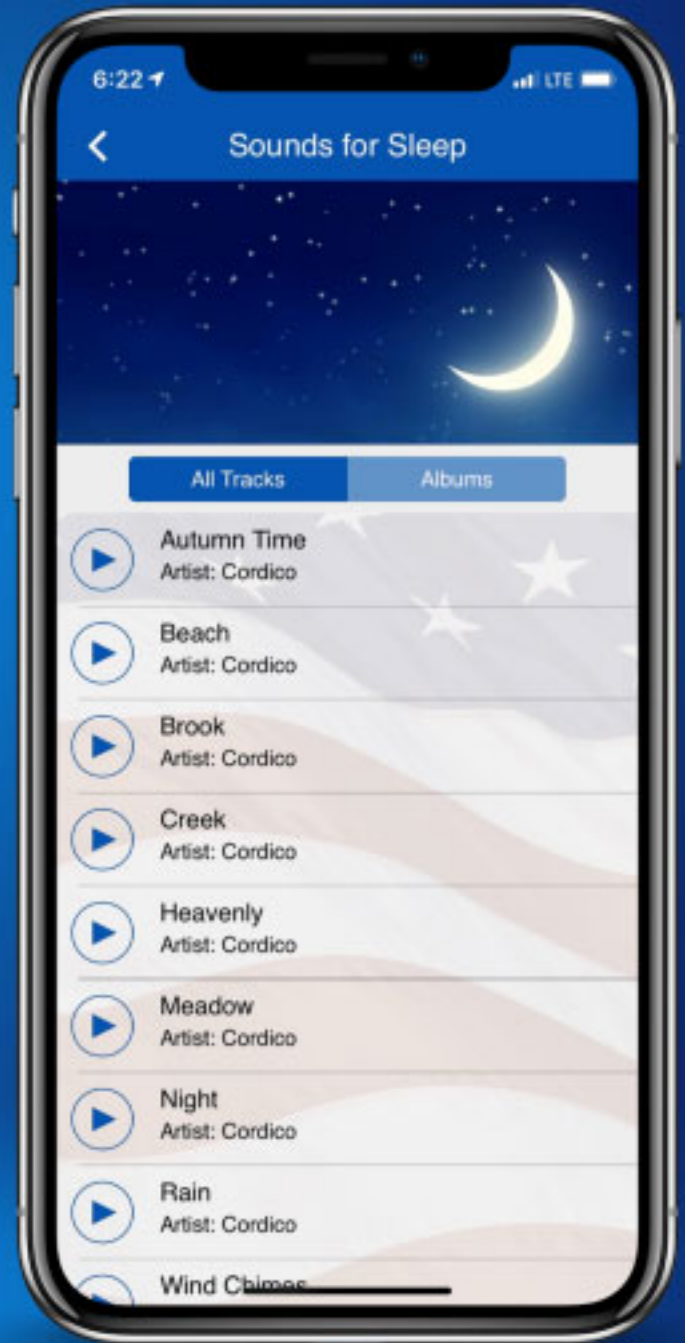
Fitness, Nutrition, and Injury Prevention



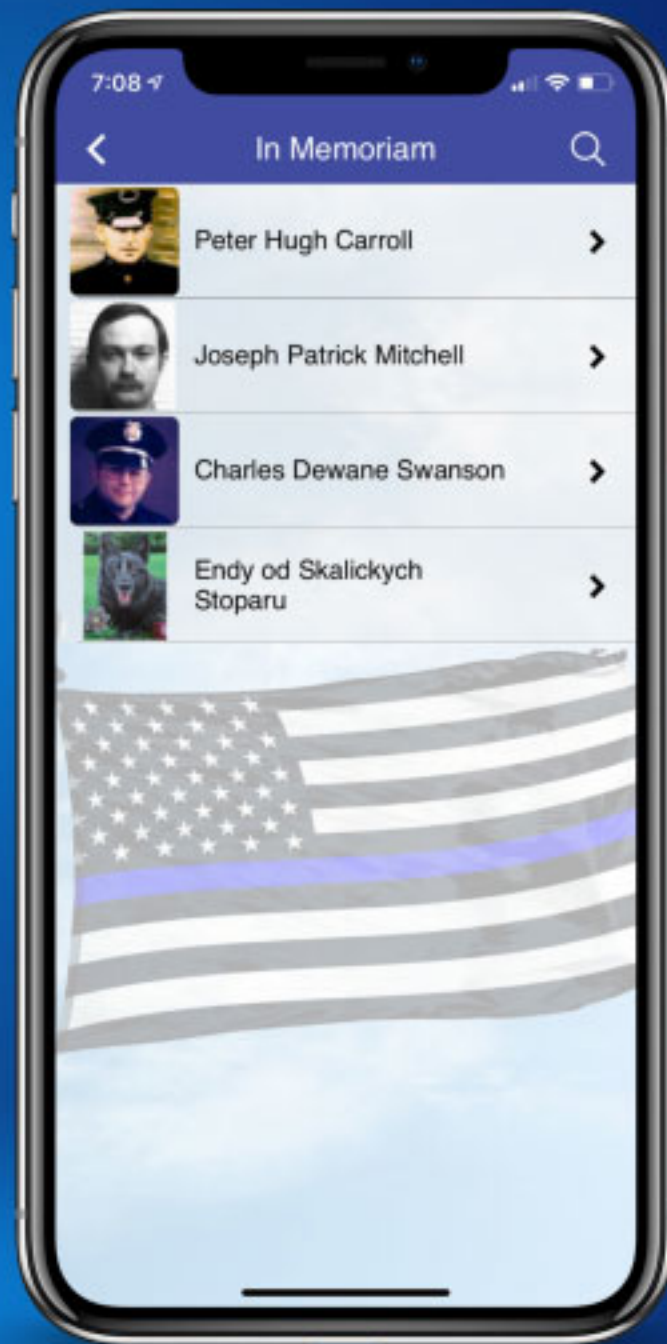
Guided Meditations



Sounds for Sleep



In Memoriam





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



Download the App

