

# WASPC Wellness App Now Available

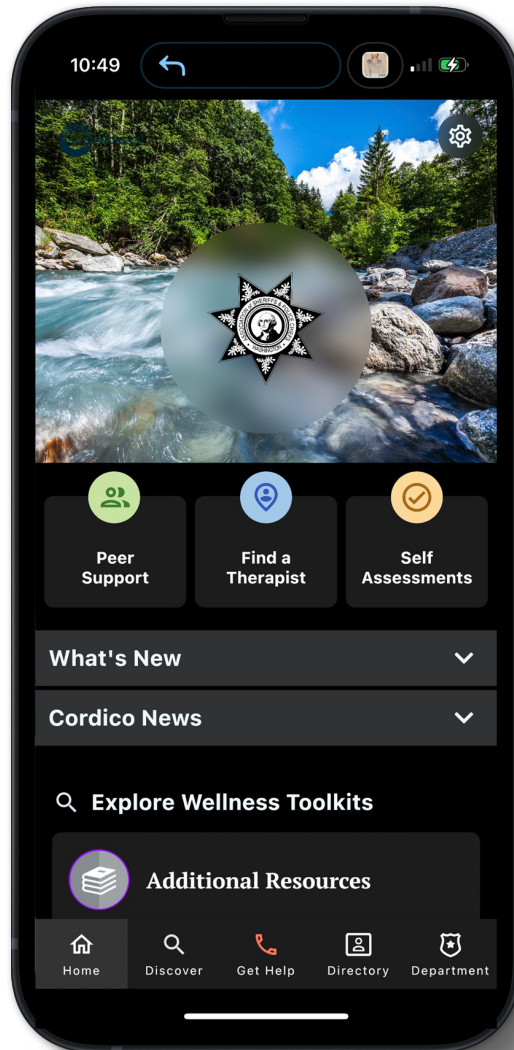
Law enforcement has never been more challenging. Nationwide, officers overwhelmingly report job-related stress has affected their mental health—yet 90% of officers say cultural stigma creates a barrier to getting help for emotional or behavioral issues. Left unaddressed, stress can lead to physical and mental health issues, burnout and turnover.

Cordico's wellness solution is a comprehensive, on-demand resource to address the physical, mental and behavioral health of Washington law enforcement personnel.

- Confidential and anonymous
- Accessible 24/7
- Resources to help personnel live a healthier lifestyle
- One-touch dialing for crisis response
- Self-assessments on PTSD, sleep, stress and more
- Articles and videos on physical fitness, nutrition, financial planning and relationships
- Exclusive Leadership and Wellness video series from Jocko Willink and Echelon Front
- Access to 25 vetted Washington-based mental health professionals



# Your 24/7 Wellness Resource



Provided by WASPC, with funding allocated by the Washington State Legislature, the Cordico app helps law enforcement, corrections and dispatch agencies across Washington State promote a culture of wellness.



Scan the QR code to download the Cordico App today.

Visit [www.waspc.org/law-enforcement-wellness-app](http://www.waspc.org/law-enforcement-wellness-app) for additional information or email [officerwellness@waspc.org](mailto:officerwellness@waspc.org) for your agency's credentials.