



## Sample Written Welcome Messages for Your Agency's Cordico Wellness App

### Welcome Message Example #1

I would like to take a moment to introduce a new resource being provided as part of our efforts to promote physical, mental and emotional wellness.

As a [law enforcement/fire service/corrections/etc.] professional, you are part of a dynamic and rewarding profession – but one that is challenging – physically, mentally, and emotionally. As an industry, we have begun to understand the importance physical and mental wellness plays in helping our personnel lead successful careers.

Specific to mental health, the “old school” approach – ignoring the effects cumulative stress and trauma can have on our personnel and expecting them to battle through these issues on their own – is no longer an option. That is why one of our goals has been to find resources to support our members’ wellness.

We have partnered with Lexipol to offer the Cordico app, which will be available to you and your family on demand. The app provides confidential, customized resources 24/7 to help you understand and manage the stresses you may be facing, get the help you may need and build resilience for the long term. I encourage you to use this app to develop daily habits for addressing stress and improving your physical and mental health. Another important feature the app offers is one-click support if you are ever facing a crisis.

[Law enforcement/Fire and EMS/Corrections/etc.] is a demanding profession, but by promoting a proactive, healthy environment in which we openly address the stresses, I believe we can improve your job satisfaction, enhance your career longevity, and help you enjoy a happy, healthy retirement.

I strongly encourage you to look closely at the tools available in this app and to provide feedback so we can continue to refine and improve the resources we provide for our members and their families.

Thank you for all you do for our department and our community.



## Welcome Message Example #2

Let us be honest, facing challenging situations in any role is tough. You often interact with people at their worst, absorbing their emotions, and experiencing the fear and sadness in their voices. Did I mention this is all while you are dealing with your own lives?

Remember, you are not alone. I am committed to supporting positive mental health awareness.:

You are a glass. There is a constant flow of water coming in. At some point, it reaches the top. So, what happens when you keep pouring into a full glass? It overflows. You must find ways to let some of that water out or it impacts your home life and work life.

As an industry, we are making strides in mental health awareness. And as the leader of this agency, I am committed to supporting that progress. Ignoring the issue is no longer an option. One of [my/our] main goals has been implementing tools to help our members process the stress and trauma of the job and build mental, emotional, and physical resilience.

This is where Lexipol's Cordico wellness app comes into play. This app provides resources available to help you – 24/7. I strongly encourage you to take a closer look at all the tools available in this app and to provide feedback so we can continue to refine our options and improve the resources available to our members and families.

I want all of you to be the very best version of yourself – healthy and happy. I want you to have the tools to help navigate and manage the stresses of work and life. I will always be in your corner, and now, we have new resources to support your wellness. Do not hesitate to use them.

Thank you for being the rockstars you are.



### Welcome Message Example #3

#### Mental Health Support for AGENCY NAME

In our diverse roles, team members of AGENCY NAME are called to respond to intense, sometimes traumatic situations, providing crucial assistance to those we serve. The emotional and psychological toll on individuals is significant and needs active acknowledgment.

AGENCY NAME is proud to announce that we have partnered with Lexipol to provide comprehensive resources to assist with mental health concerns for our active members, spouses and retirees. These resources are delivered via the Cordico app, a completely anonymous and confidential way for you and your family to educate yourself about mental and emotional health, seek support and build resilience. Because we know the mind and body are connected, the Cordico app also includes ways to support your physical health, too, such as nutrition tips and sample workouts.

Lexipol's Cordico app will work alongside AGENCY NAME's other behavioral health resources, including [peer support, professional trauma and grief counseling, chaplaincy, etc.] to support the overall well-being of our personnel and their families.

The success of our agency depends upon providing a full spectrum of health care resources for our members. Mental health is no exception. Please download the Cordico app today and start using this important tool.