

BULLETIN

NO.: 21-135  
DATE: August 12, 2021  
TO: All Personnel  
FROM: David Picone, Battalion Chief, Health and Safety Officer  
SUBJECT: New Health and Safety Resources Application

The Health and Safety Office, through a grant obtained by the San Diego Fire Rescue Foundation, has contracted with Cordico to design a custom, *confidential* wellness application for all members and their families. This application is free to download (Apple and Google platforms) on your personal phones/tablets and does not *track, retain or report any of your data*. You will have confidential, 24/7 access to the application to ensure you have the resources needed in the most difficult moments on or off-duty.

The application is the latest tool designed with the following features.

- 24/7 Support
- Physical Wellness
  - Athletic Trainer videos and workouts
  - Physical Therapist videos
  - Yoga
  - Nutrition
- Behavioral Wellness
  - Peer Support
  - Chaplains
  - Focus Psychological Services
  - Support Groups
  - First Responder Family Communication
  - Wellness Toolkit
    - 60 behavioral health topics
- Cancer Resources
- Sleep Sounds
- Guided Meditations
- Treasure Chest
  - Turn on notifications to be alerted with random giveaways or updates
- And much more.....



To download the app, utilize the QR code or the links below.

- [App Store](#)
- [Google play](#)
- **Username – sdfd Password – wellness**

Please contact the Health and Safety Office at [SDFDHealth&Safety@sandiego.gov](mailto:SDFDHealth&Safety@sandiego.gov) with comments or areas of improvement. For all other questions contact HSO/Battalion Chief David Picone at 619.533.4466 or [dpicone@sandiego.gov](mailto:dpicone@sandiego.gov)



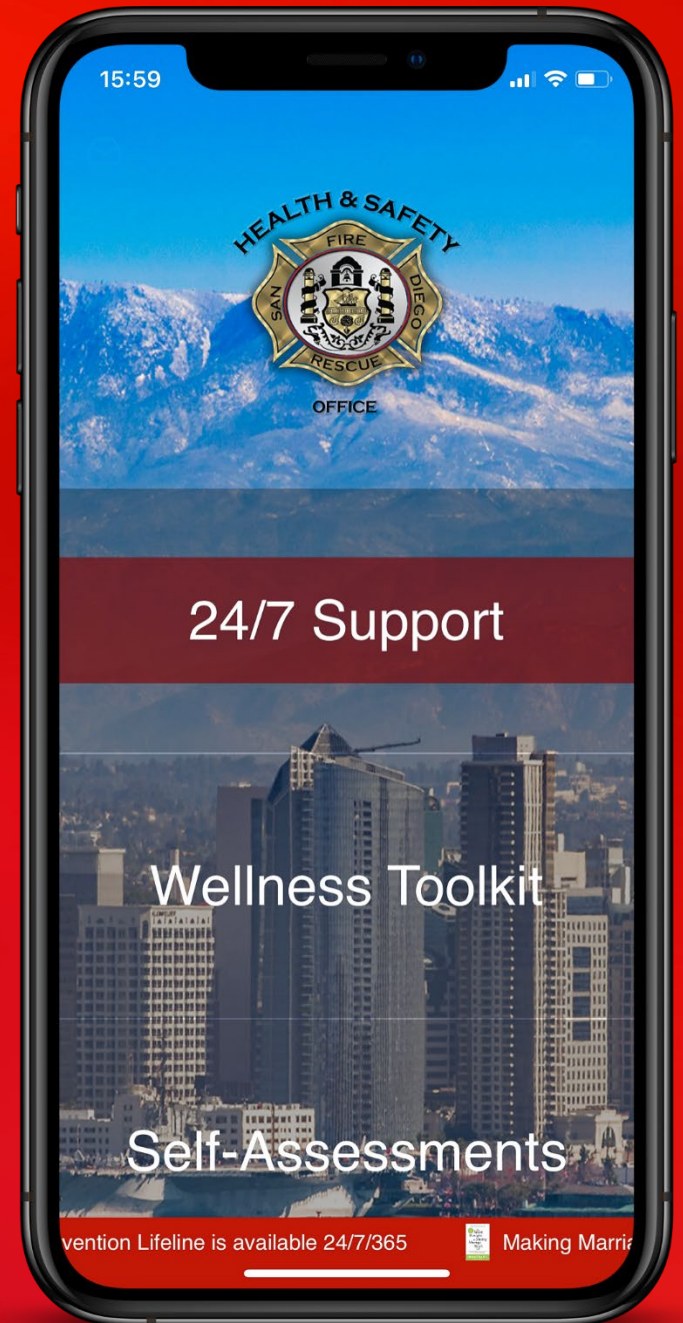
**Wellness Resources QR code:**  
login: sdfd password: wellness  
or call toll free **833-SDFD-HSO (733-3476)**



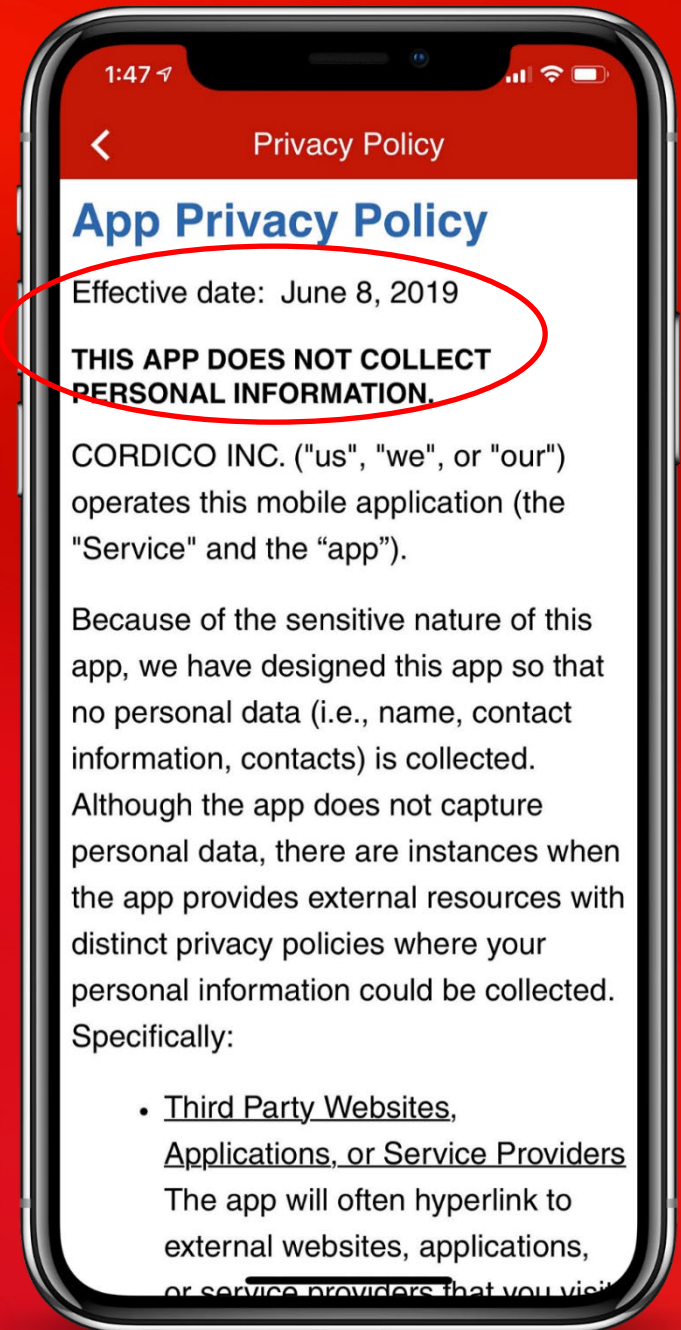
# The San Diego Fire – Rescue Wellness App



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



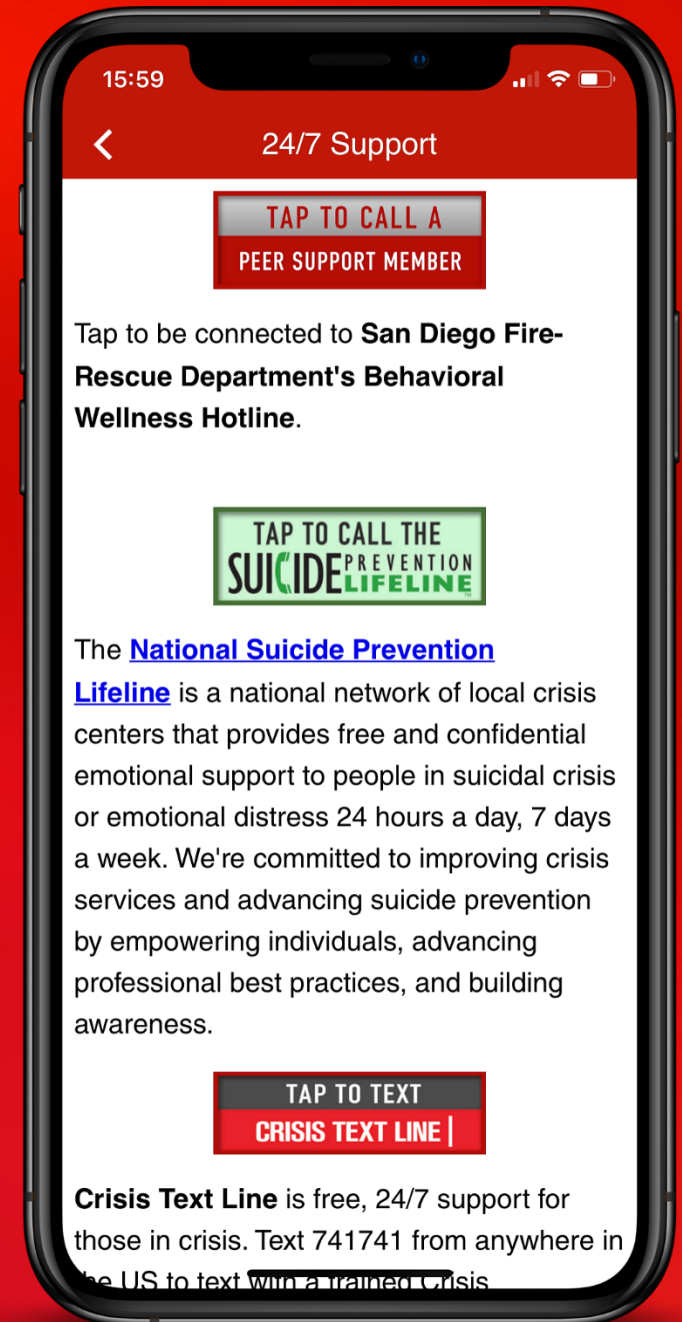
**It's Confidential.  
No Personal Info is  
Collected.**



# 24/7 Support

If you're in crisis, one tap to connect to 24/7 resources:

- Peer Support
- Suicide Prevention Lifeline
- Crisis Text Line



15:59



24/7 Support

TAP TO CALL A  
PEER SUPPORT MEMBER

Tap to be connected to **San Diego Fire-Rescue Department's Behavioral Wellness Hotline**.

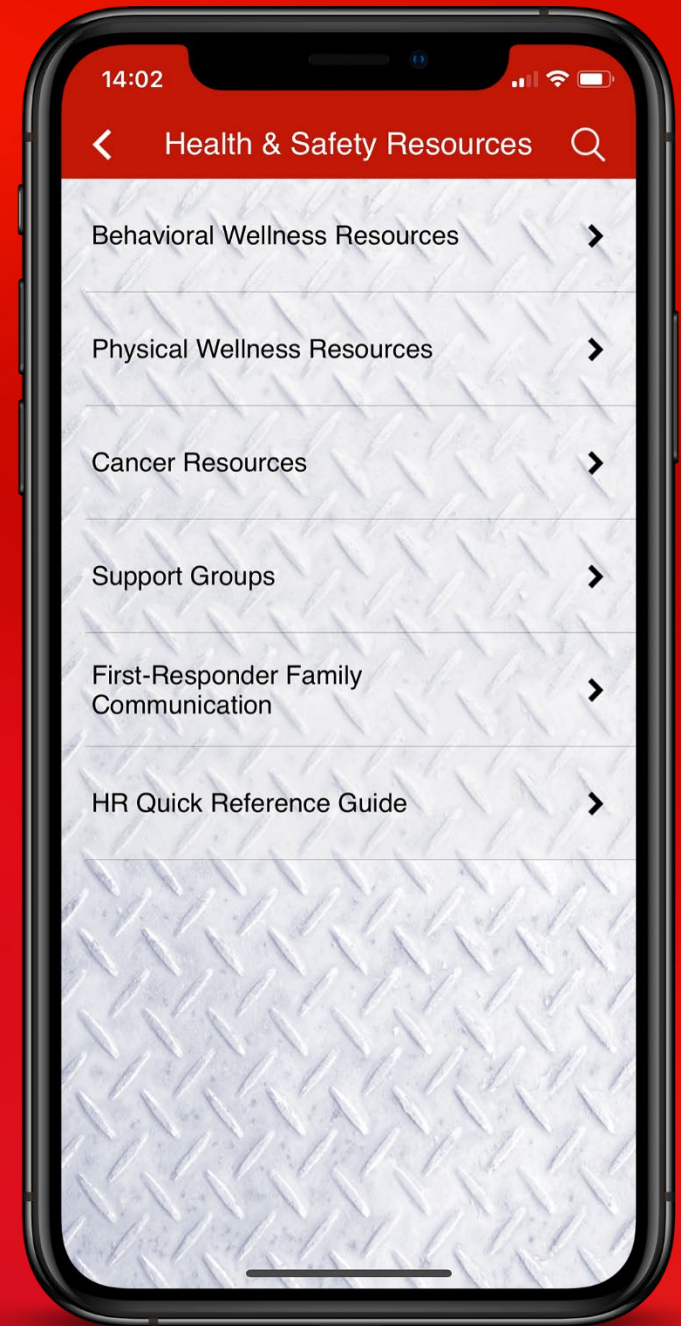
TAP TO CALL THE  
SUICIDE PREVENTION  
LIFELINE

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 by empowering individuals, advancing professional best practices, and building awareness.

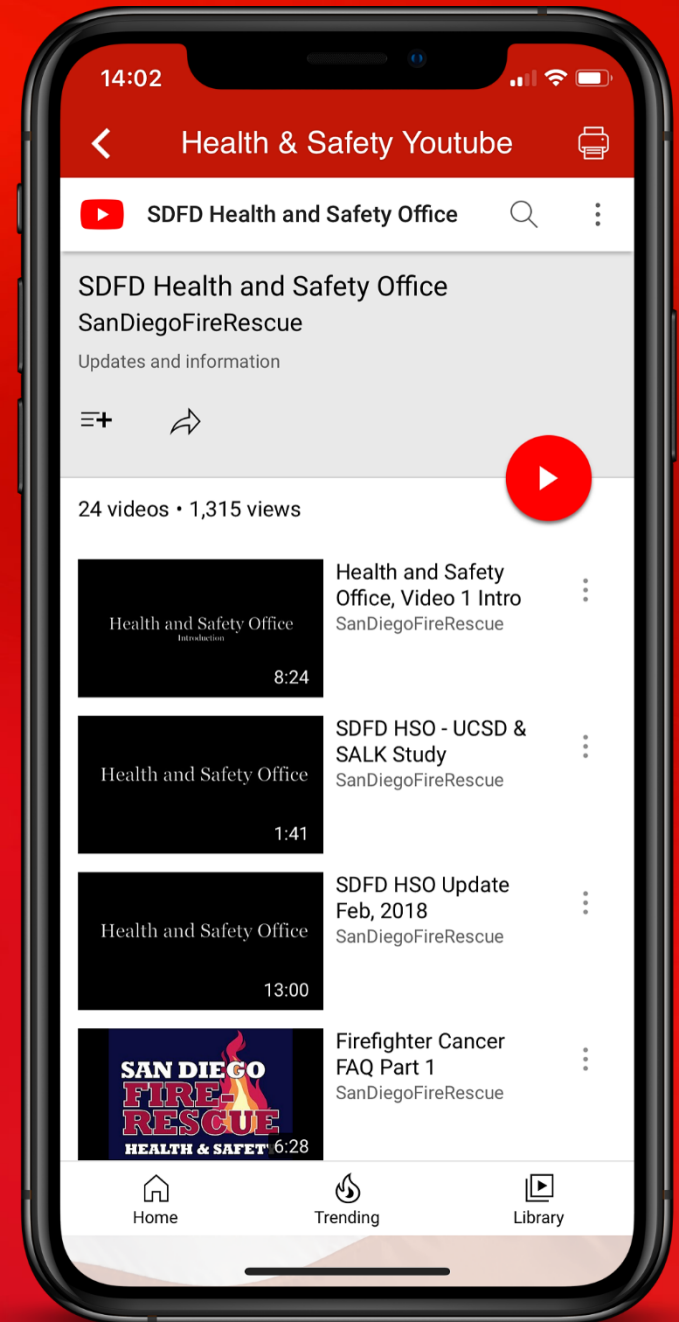
TAP TO TEXT  
CRISIS TEXT LINE |

**Crisis Text Line** is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained crisis

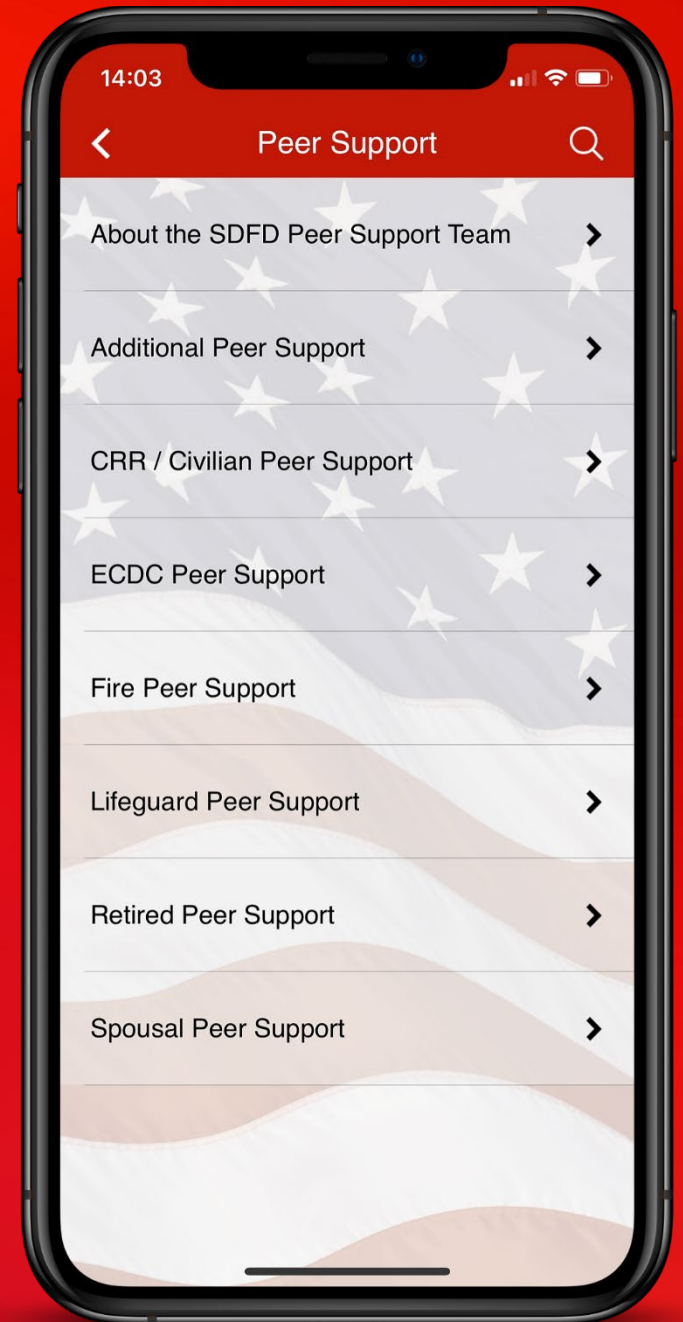
# Health & Safety Resources



# Health & Safety Youtube



# Peer Support

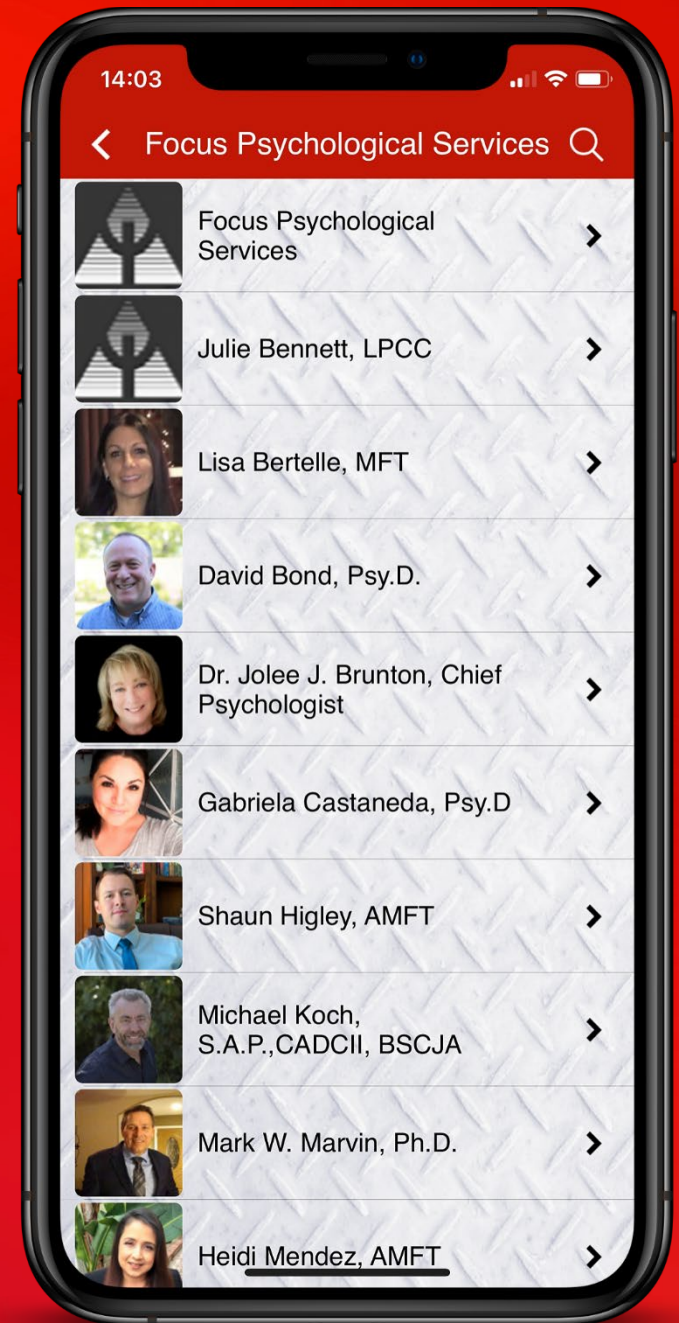




# Chaplain Support



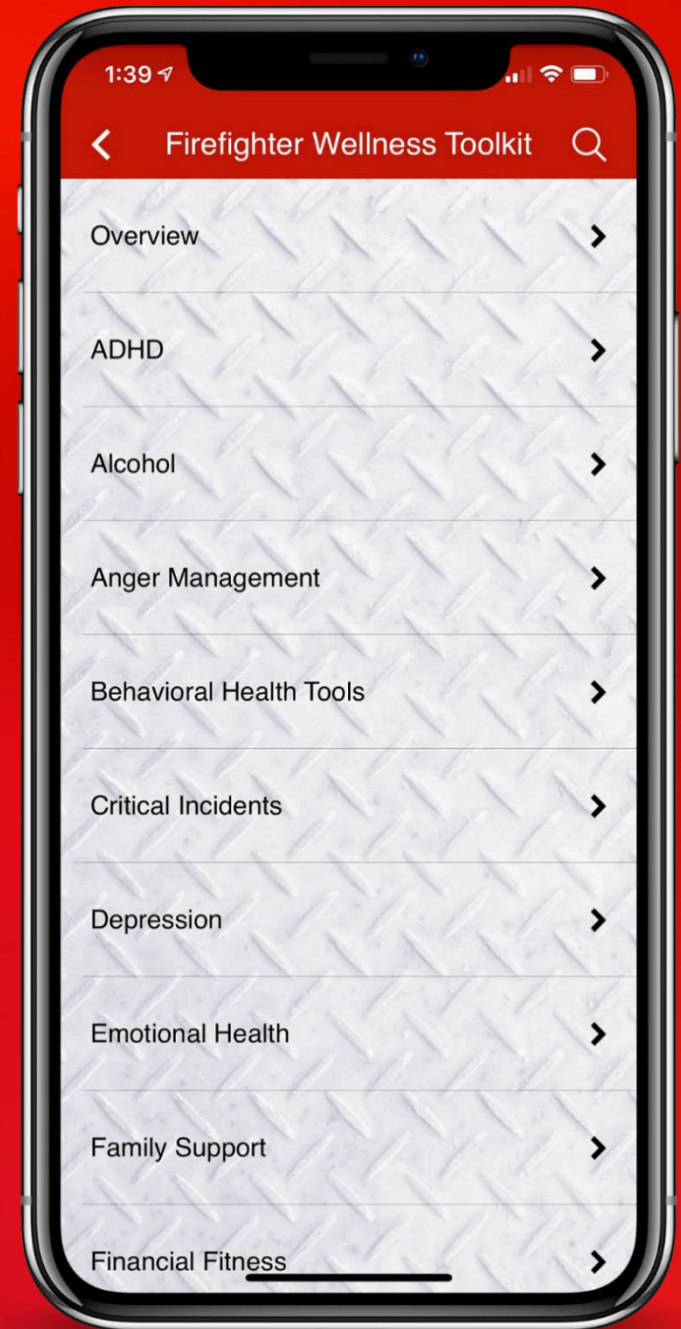
# Focus Psychological Services



# Wellness Toolkit

Over 40 Modules including:

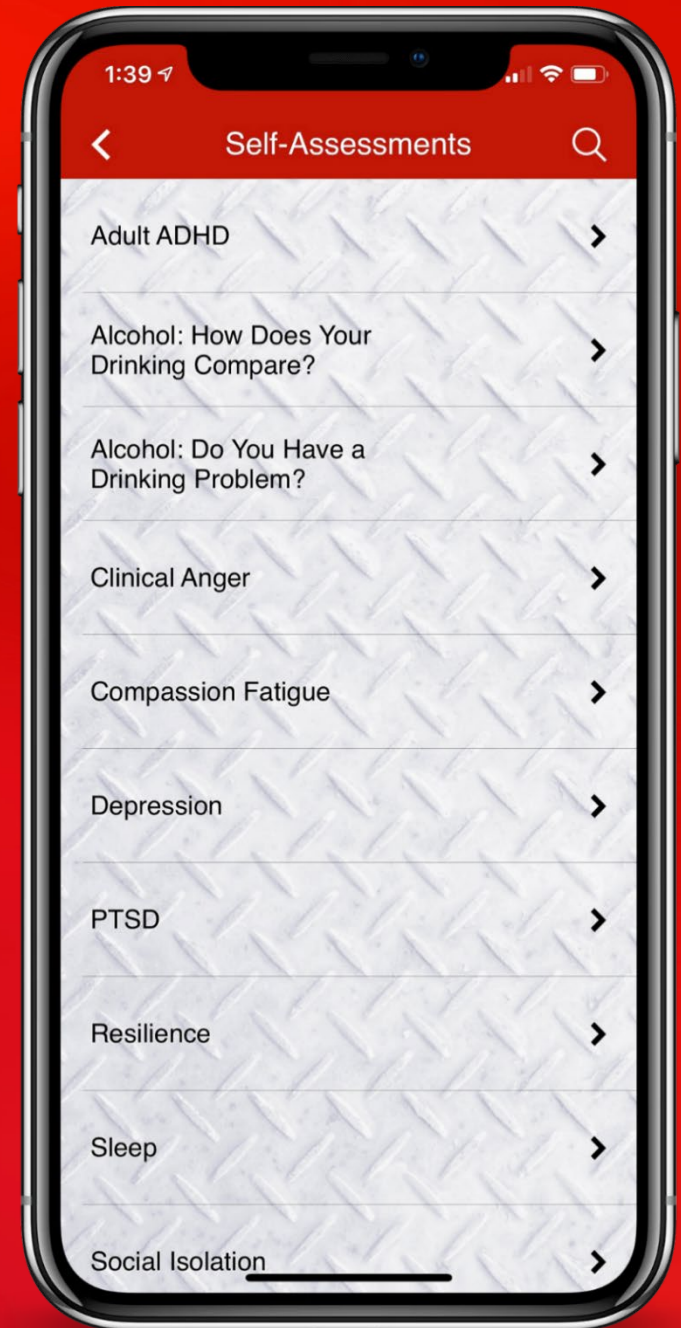
- Anger Management
- Financial Fitness
- Making Marriage Work
- Parenting Tips
- Sleep Optimization
- Trauma



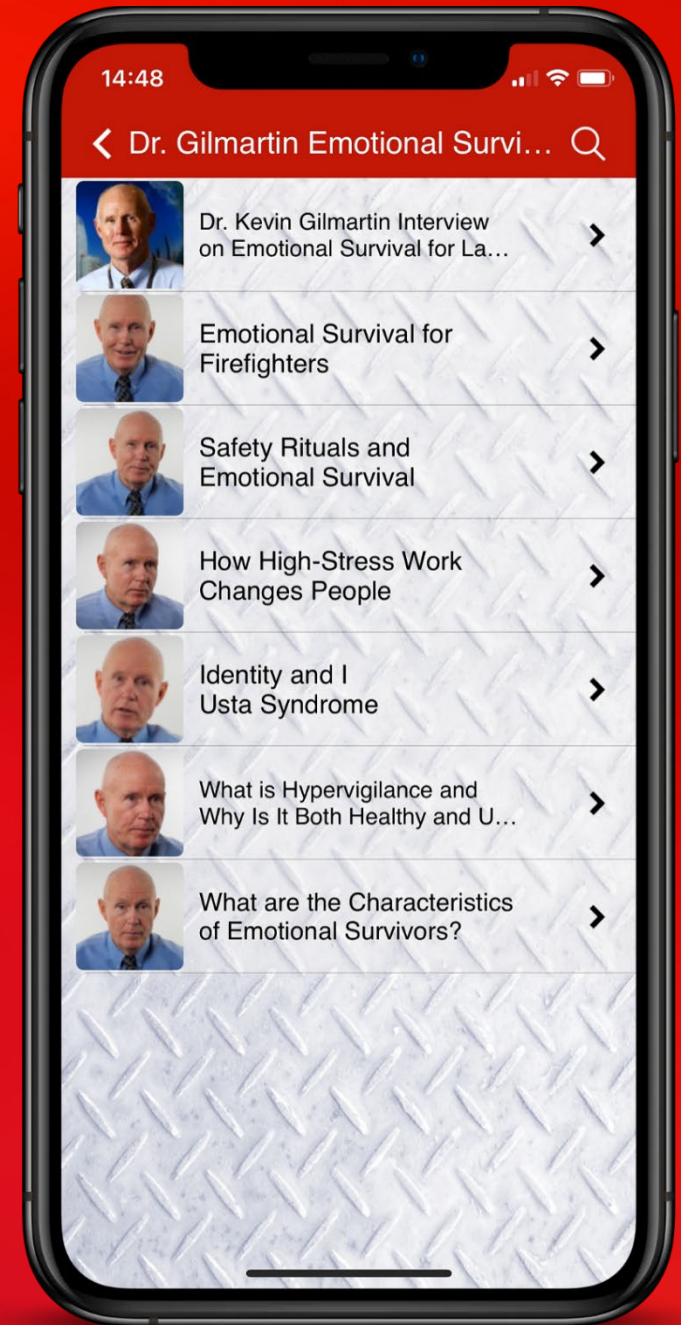
# Self-Assessments

12 Modules including:

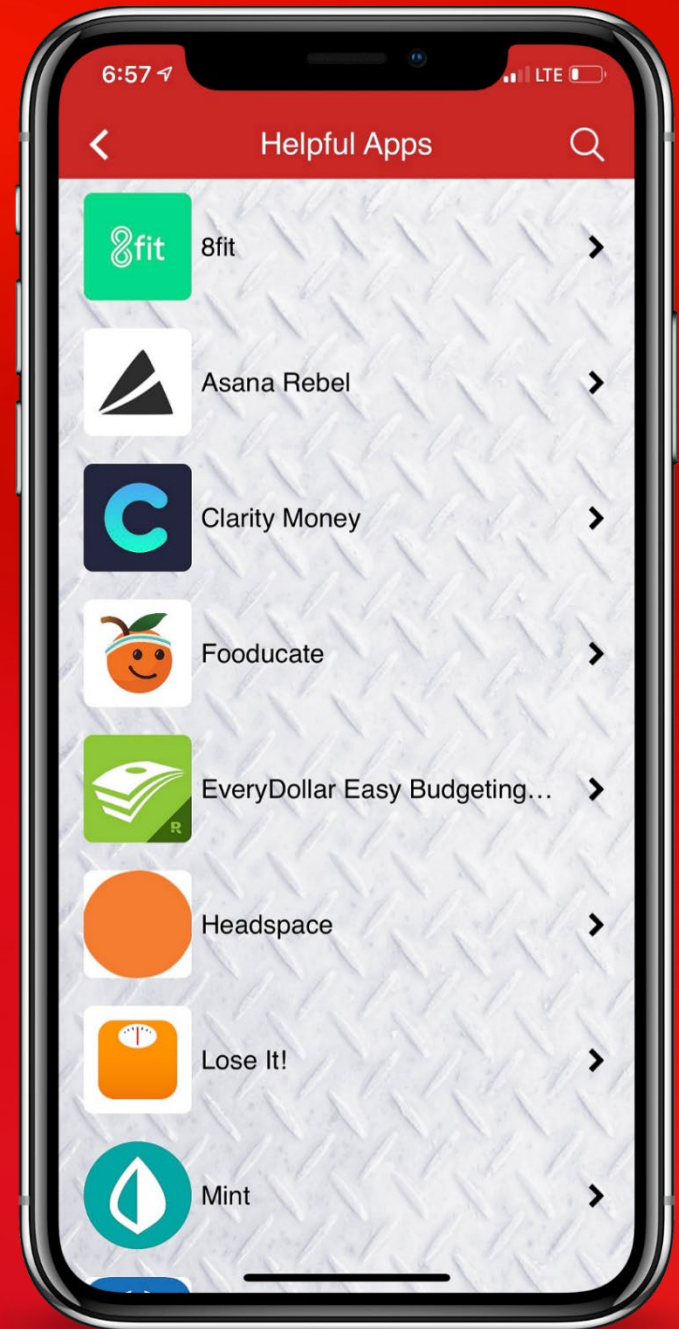
- Alcohol
- Compassion Fatigue
- Depression
- PTSD



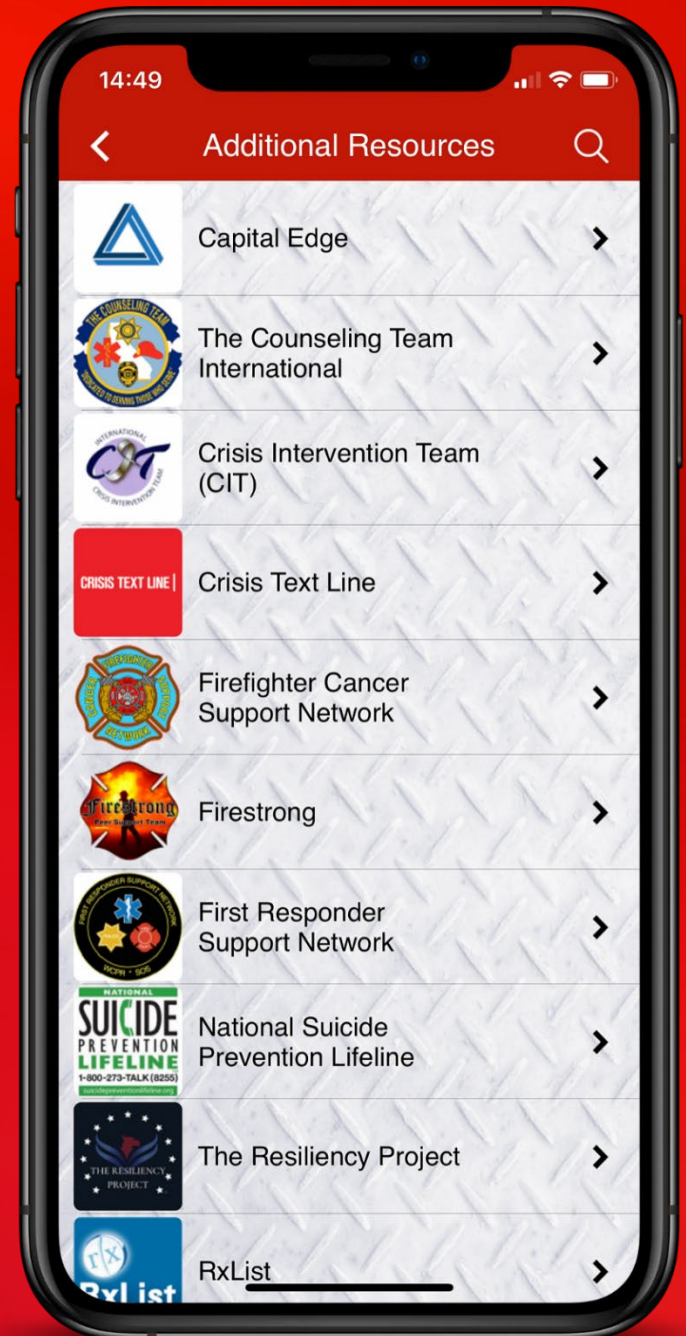
# Dr. Gilmartin Emotional Survival Videos



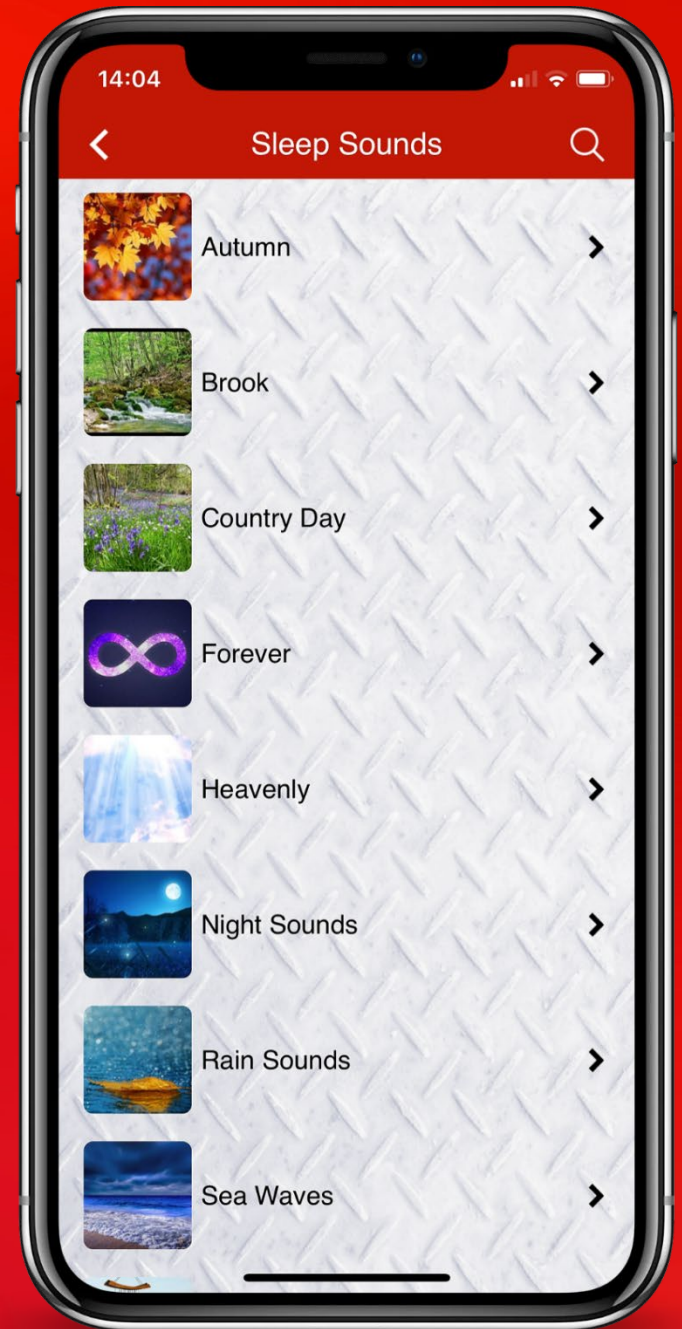
# Helpful Apps



# Additional Resources

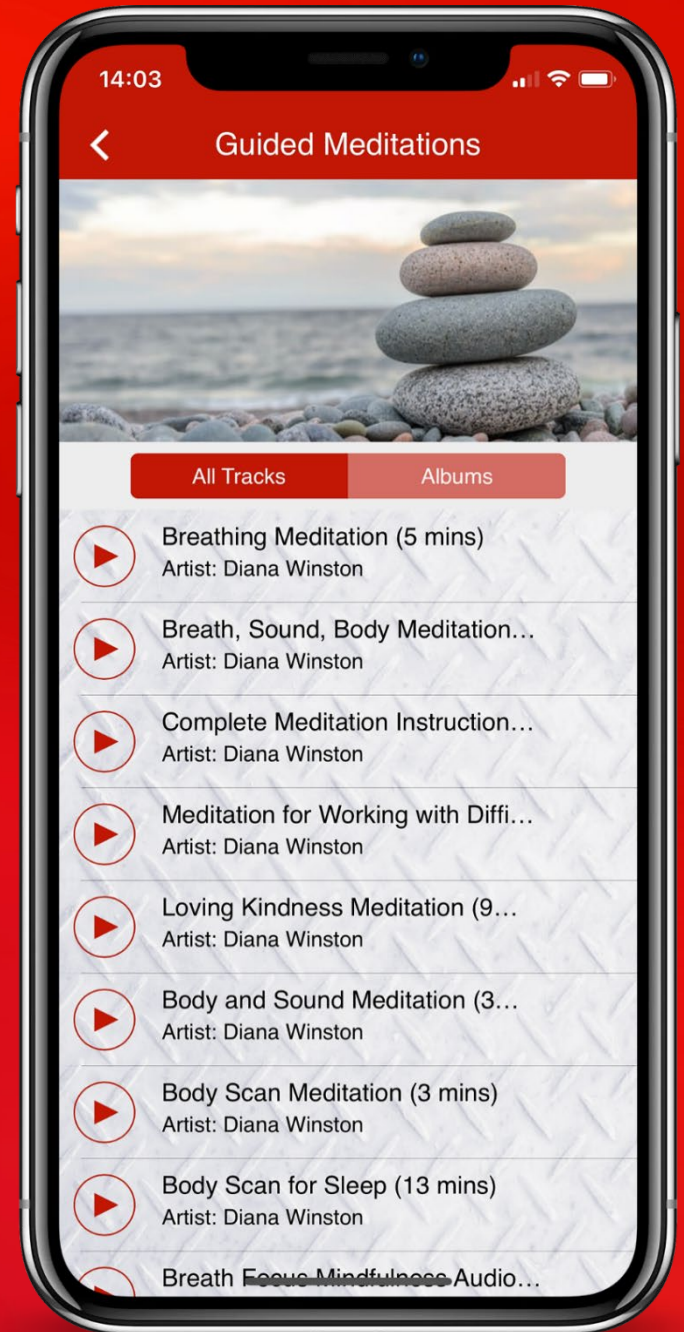


# Sleep Sounds

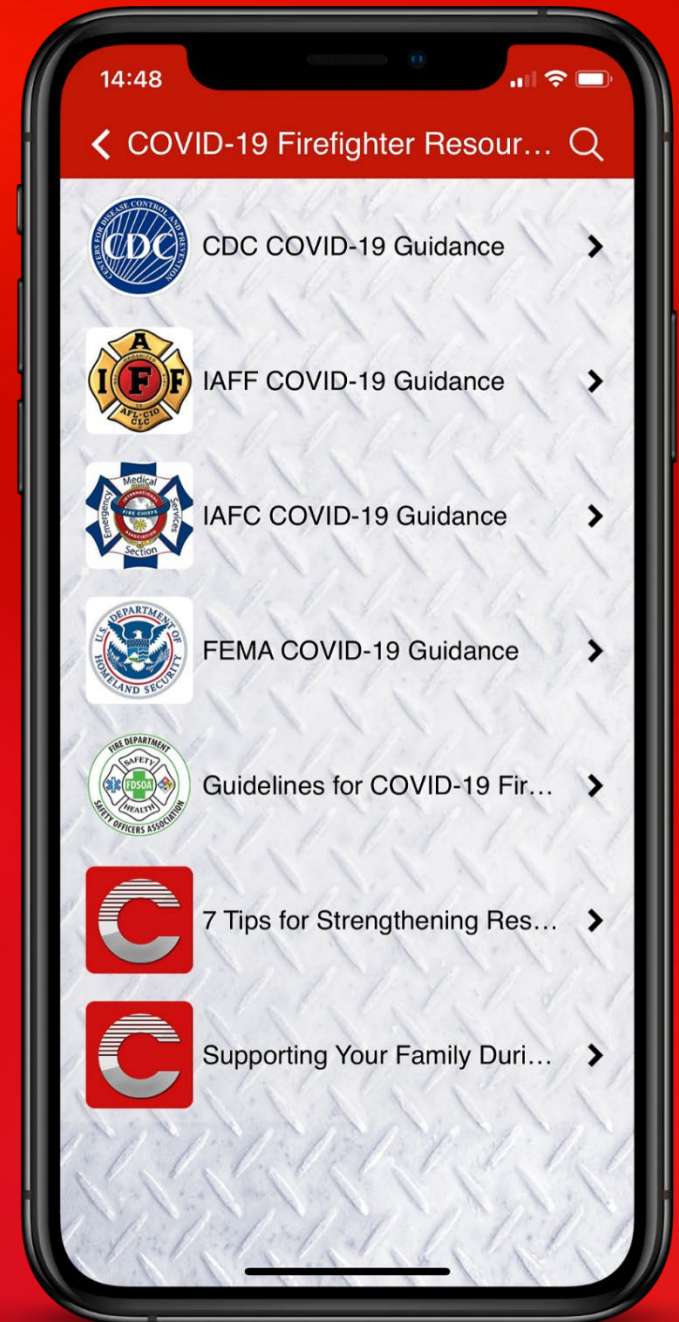




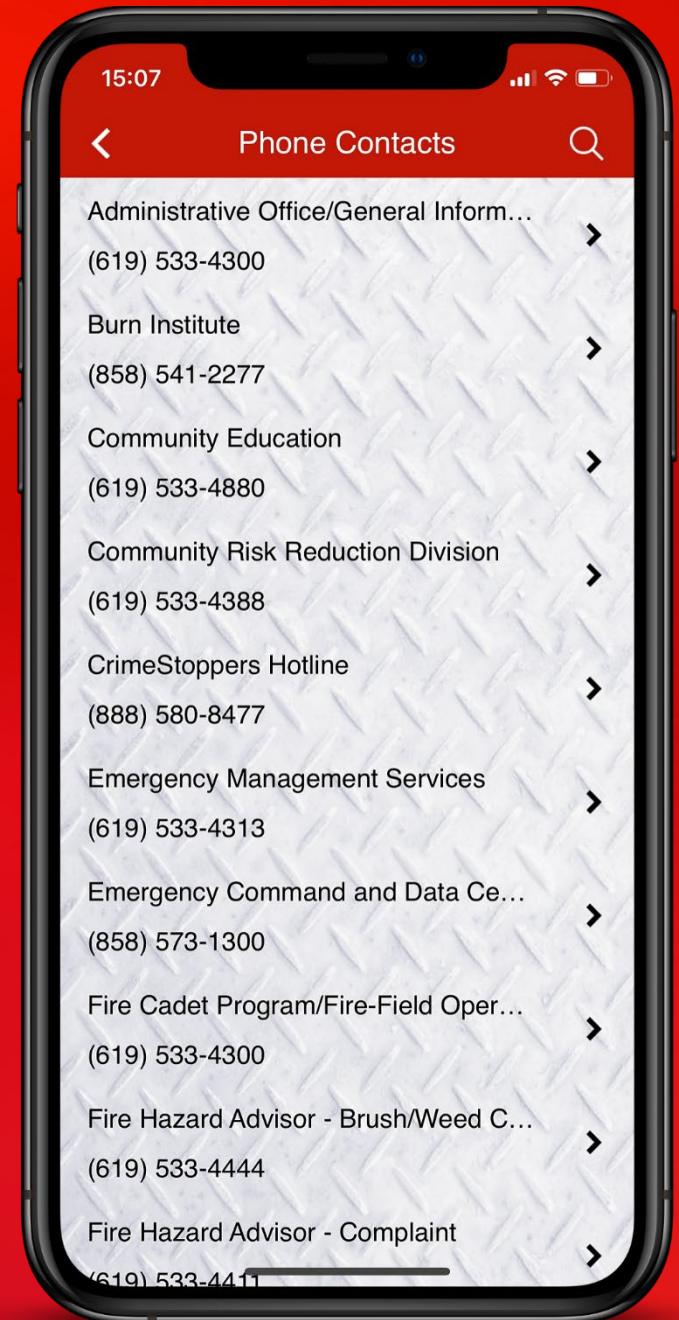
# Guided Meditations



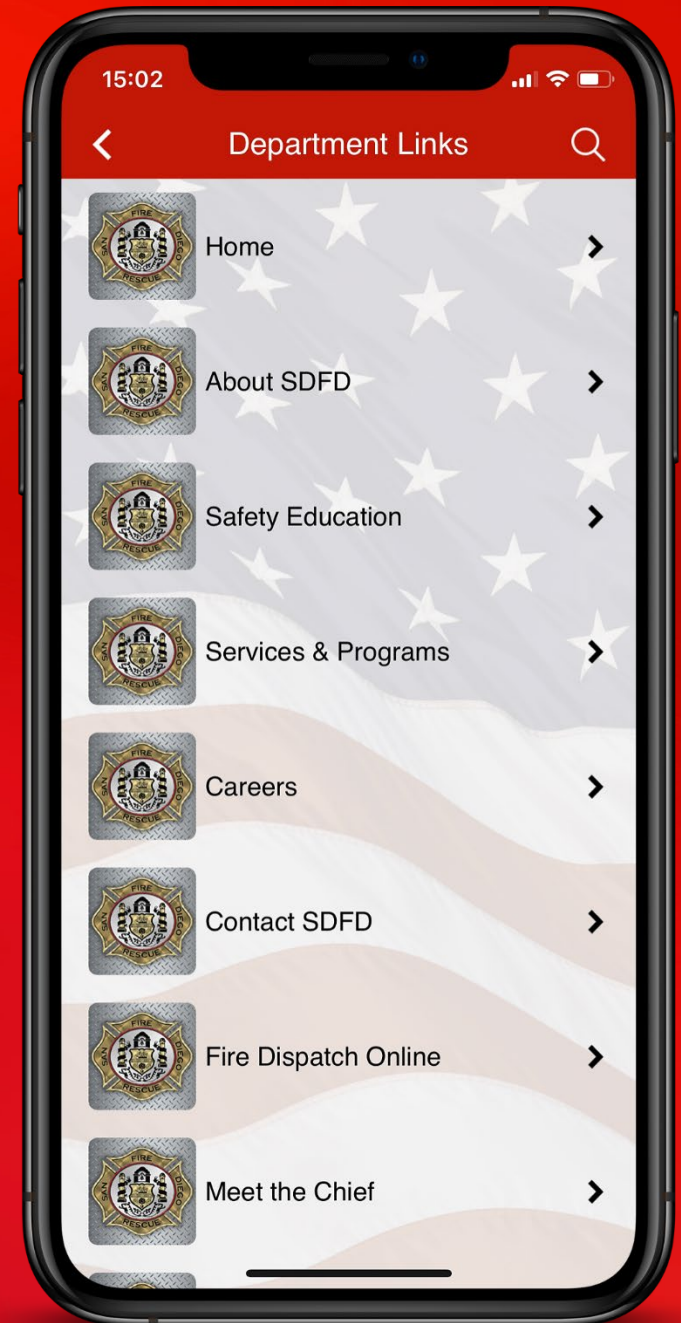
# COVID-19 Resources



# Phone Contacts



# Department Links



# Gallery





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



# Installation Instructions

- Scan the QR Code with your phone camera
- Download the app
- Enter the credentials:  
**SDFD / wellness**

