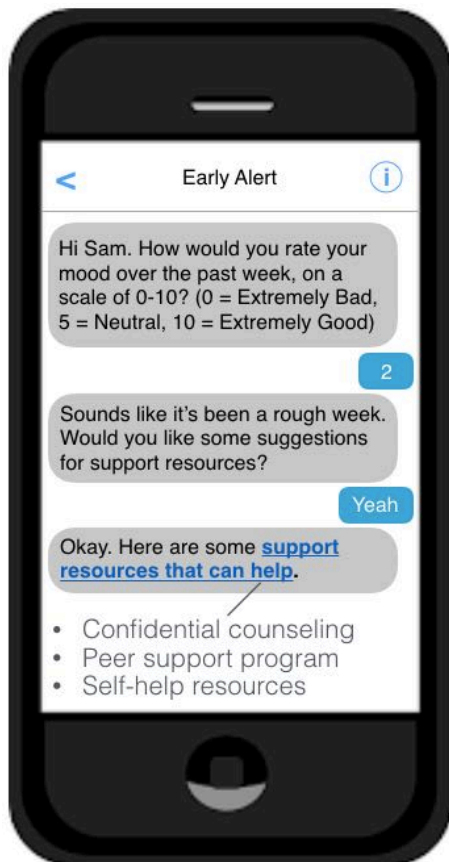


EARLY ALERT

610-235-6635 ~ info@EarlyAlert.me

Prevent Crisis ~ Reduce Turnover ~ Improve Wellness



Text "Demo" to 650-670-4440

- **Proactive weekly check-ins via text messaging**
- **Confidential responses** to inspire honest answers
- **Immediate referral to support resources**, based on the specific challenge identified
- **Improved utilization of support resources** such as your EAP, thanks to just-in-time referrals
- **Monitoring multiple wellness domains**, including:
 - Physical wellness
 - Mental wellness
 - Social wellness
 - Financial wellness
 - Burnout
 - Sleep

Read Our FAQ: <http://EarlyAlert.me/faq>

Organizations We Serve (Partial List)





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How Early Alert Can Save Officers

Joe is a 32 year-old police officer and the father of a young boy. Over the past year, Joe has responded to multiple calls involving violent incidents, including one resulting in the death of a child. Walking into the police station, Joe appears friendly and upbeat, joking with his peers and bantering with his sergeant. However, over the last 3 months, Joe has been experiencing:

- Irritable mood (more easily annoyed and feeling more judgmental than usual)
- Tension in his marriage (not wanting to burden his wife with the gory details, Joe has instead become withdrawn; his irritability has not been helping)
- Trouble sleeping (watching Netflix in the living room while his wife sleeps in bed)

Joe's emails are piling up, and he misses an email invitation for an annual wellness survey. But when Joe receives a text message on Friday morning as he pulls in to the parking lot, he checks it. It says: *Hi Joe, this is Early Alert, checking in with you. How satisfied have you been with your personal/social relationships over the past week, on a scale of 0-10? (0 = Completely Unsatisfied, 5 = Neutral, 10 = Completely Satisfied)*

Joe thinks of the tension in his marriage and his growing distance from friends, and replies "2". Early Alert then suggests potential support resources, including:

- Contacting the EAP for individual and/or couples counseling
- Talking with the station's peer support officer
- Posting to a confidential online forum for first responders
- A podcast about mental health in law enforcement
- An article about post-traumatic stress in law enforcement

Joe clicks on the link for an article on post-traumatic stress. While reading it, Joe realizes that his recent wellness challenges correspond with a post-traumatic stress response. Still in his car, he clicks on the number for the EAP and schedules a consultation.

Early Alert helped Joe recognize the difficulties he has been experiencing and connect with support resources before his challenges escalated further.

Bring Early Alert to your Organization:

info@EarlyAlert.me ~ 610-235-6635 ~ <http://EarlyAlert.me/talk>