## A mobile app designed to:

Bring overall awareness to mental health.

Increase self-awareness of your stress load.

Improve support offered within the industry.

Provide additional support in addition to debriefings and EAP counseling.

Gain a better understanding of PTSD, depression, anxiety and suicide.



For all first responders and healthcare providers.

Confidential and non-identifiable.



CrewCareLife.com

## About CrewCare™

CrewCare was created in response to the growing concerns within the first responder industry on mental health and has been expanded for healthcare providers. The goal of CrewCare is to provide insight on stress loads and associated factors, as well as to grow an aggregate non-identifiable database to help us, as a collective whole, gain understanding.

We all want to be a part of preventing burnout, PTSD, and suicide as well as improving support offered. After all, it is not just about being resilient, it's about thriving.







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