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Hayward PD Partners with Cordico to Provide Wellness Application to Personnel

HAYWARD, Calif., January 4, 2022— Mental and physical wellness is critical to a professional, successful police force. Because law enforcement officers are exposed to traumatic incidents at much higher rates than the general population, they are more susceptible to mental health issues such as PTSD, depression, anxiety, and suicide.

To proactively address these mental health challenges among our officers, the Hayward Police Department has launched a customized, confidential wellness app that will be available to Hayward PD personnel and their families.

Powered by Cordico, the leader in public safety wellness technology, the app includes a wellness toolkit addressing 60 behavioral health topics such as fatigue, suicide prevention and alcohol abuse, mental health self-assessments, and videos and guides on yoga, mindfulness, nutrition and more. In addition, the app provides contact information for local therapists who specialize in and have experience working with first responders and connects users with the Hayward Police Department peer support team and/or chaplains. Hayward PD will utilize this technology to help personnel build resilience and avoid the negative long-term effects of high job-related stress.

Personnel and their family members will have confidential, 24/7 access to the app to ensure they have the resources they need in their most difficult moments – on or off-duty. “No one should ever feel blocked from accessing help at times of need due to their schedule or location or concerns about confidentiality, and that is especially true of our public safety personnel who dedicate their professional lives to responding to others’ emergencies,” says Cordico founder and president Dr. David Black.

The Hayward Police Department is proud to adopt the Cordico Wellness App and prioritize the health and wellbeing of our personnel, their families and the community,” says Sergeant Irizarry. “We want to be on the forefront of changing public safety culture when it comes to mental health and wellness, and leveraging this technology helps us do so in a way that works for our department.”