



Metro Nashville Police Department Partners with Cordico to Provide Wellness App to Personnel

Nashville, TN, February 1st, 2023 –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 Metro officers, Metropolitan Nashville Police Department has launched a customized, confidential wellness app that will be available to Metro 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 Metro’s peer support team and chaplains.

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.

Metro Nashville Police Department will utilize this technology to help personnel build resilience and avoid the negative long-term effects of high job-related stress.

Metro joins hundreds of agencies and organizations nationwide served by Cordico.



www.cordico.com