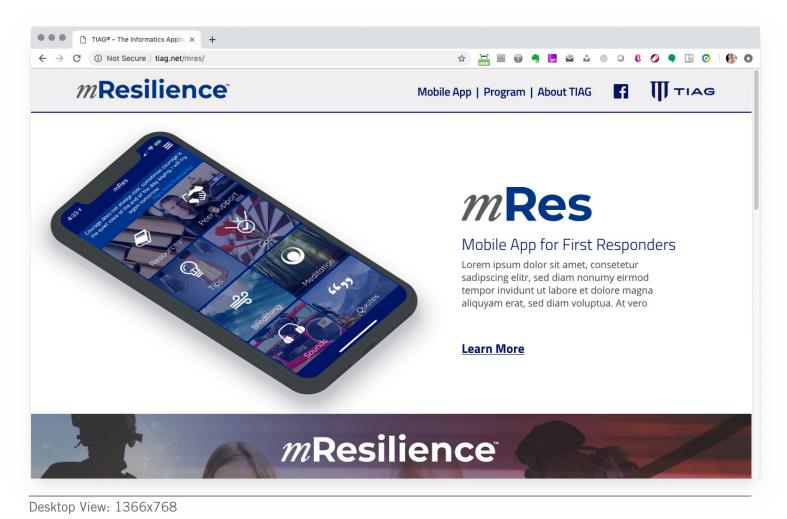


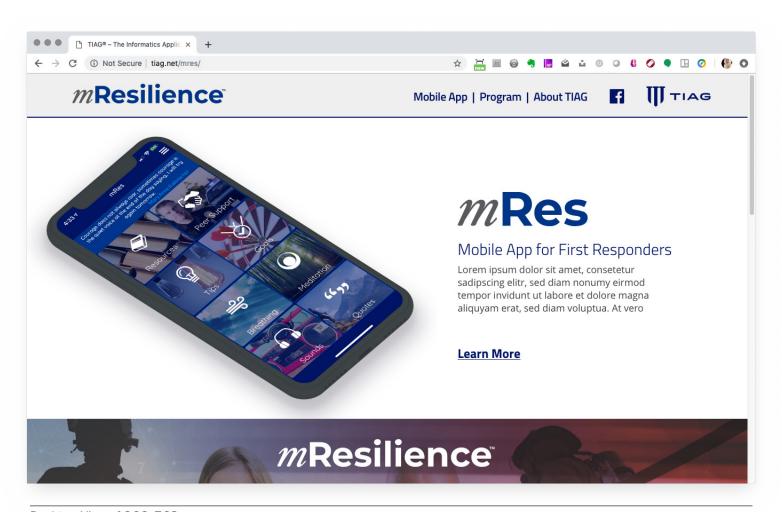
Simple single page site to highlight the mRes app and mResilience program as a whole.

Text is all place holder.





iPhone X/XS View: 375x812



Desktop View: 1366x768





iPhone X/XS View: 375x812



# **mRes**

## Mobile App for First Responders

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#### Learn More





# FIRST RESPONDER CHALLENGES

First responders (FRs) are experiencing iob-related stress affecting their resiliency and performance. Seeking help is not easy and access to psychological-based resources, services, and tools is limited.

# Effects of Stress & Exposure Include:

- ✓ Stress
- ✓ Physical Injury
- ✓ Substance Abuse
- ✓ PTSD
- ✓ Depression
- ✓ Anxiety
- ✓ Domestic Abuse
- ✓ Suicide
- ✓ Stigma about asking for help
- Limited access to resources

# Department Challenges

- Rising number of stress-related challenges with officers
- ! Stress-related issues are costly and educe productivity
- ! Stigma against psychological help
- ! Officer depression and suicide rates nigher than the public
- ! Decline in physical fitness readiness

#### THE SOLUTION

mResilience is a customized program. licensed to first responder agencies to develop, maintain, and rebuild psychological resilience. It's a combination of in-person training and a companion mobile application.

### Why mResilience

- > Capitalize on the values of officers
- Provides access to department, local and national resources
- > Discreet and personal tools to build and support resiliency
- > Use of App is 100% confidential
- > Available 24/7

# The Program Offers

- > Stress-management and resiliency building tools
- Goal-setting and tracking
- Easy access to Peer Support Network and other department resources
- > Customized in-person resilience

#### Our Vision

- > First responders can navigate difficult situations and stay resilient Effective stress management and
- performance-enhancing tools are available 24/7
- > Department programs are reinforced through improved access
- Our program helps reverse the trends of stress-related challenges of officers and

# **mRes**

# Mobile App for First Responders

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#### Want To Learn More?

Send up a message to get more information about the mRes mobile

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At TIAG®, our greatest asset is our people. Our unique, unified company culture attracts brilliant, creative, well-credentialed business and technology professionals who share an entrepreneurial spirit and ardent desire to make a true difference for customers. Our commitment to taking care of our people inspires the dedication and longevity of our teams, ensuring success and continuity for client initiatives.

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