



## **PURPOSE**

Providing aid and comfort to first responders and related professions.

## **FOCUS**

Connecting and engaging those impacted by psychological trauma.

## **IMPACT**

- Connection and engagement.
- Bridges the critical incident and mental health/peer support.
- Lowers stress, anxiety, blood pressure and negative stress hormones.
- Encourages interaction and presence.
- Provides a safe emotional space for interaction.
- Earlier acceptance of mental health/peer support.
- Longer and more frequent interactions.
- Lessens stigma of seeking help.
- Benefits emotional memory consolidation.
- Promotes personal and agency resilience.
- Assists re-establishment of emotional and cognitive equilibrium.