

FOR IMMEDIATE RELEASE  
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**New Smart Phone APP Helps First Responders**  
Provides Immediate Peer Support Counseling Guide  
For Critical Incident Stress Management

San Bernardino, CA – “Tragedy affects all involved, including the most highly trained rescuers, says Nancy Bohl-Penrod Ph.D, Director of The Counseling Team International. There is no warning as to what their next call will be, but today’s first responders need to be prepared for anything, including helping their own. That’s why we developed this APP,” says Bohl-Penrod. Release is scheduled for June 22, 2015 on I-Tunes for \$9.99.

The new **Public Safety Peer Support/First Responder Coach APP** provides quick access to peer support guidelines, allowing first responders to help their comrades handle the emotional impact of an event. “I have seen the benefits of peer support programs, adds Assistant Sheriff Ron Cochran. To have this APP on scene, our responders will have the right equipment to help one another. It will also help others involved, including law enforcement, public safety/first responders and individuals affected by a tragic event.”

Other events such as work stress, family issues or the death of a family member may also have a significant impact on an individual.

“The main goal of peer support is to lessen the long-term psychological impact of the event and to accelerate the recovery process before harmful stress reactions damage work performance, health and family relations, says Dr. Bohl-Penrod. We have systems in place for trained mental health professionals to respond to an event, but this APP shortens waiting times by providing immediate guidance to a peer supporter.”

Fire service personnel suffer post traumatic syndrome at a rate of 16 percent to 24 — well above the national average for adults, which is 6.8 percent, according to Fire Engineering Magazine, *Recognizing and Combating Firefighter Stress*, 12/2012

The Counseling Team International (TCTI) has provided employee support services to city, school, law enforcement, fire, emergency services, governmental agencies, and private industry in the State of California, as well as nationwide, since it's founding in 1985. Nancy K. Bohl-Penrod, Ph.D. is the Founder /Director of TCTI and is an internationally recognized authority in the emotional effects of trauma and an expert in the field of police and fire mental health issues. For more information, log on to <http://www.thecounselingteam.com> or call (909) 884-0133.

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