



Critical Incident Stress Management (CISM) Team Available to Help

CISM is:

- A way to help employees deal with the unusual incident they have been working.
- Confidential. What is said in the meeting stays there.

CISM is NOT:

- NOT psychotherapy. We are not psychologists.
- NOT a critique of operations at the incident.
- NOT investigations or discussions about performance.

Who is CISM?

- All CISM team members have been professionally trained to provide peer support.

Why are we doing this?

- You are doing an outstanding job that is also very difficult and demanding.
- To be sure that you have a way to leave the emotional junk behind.
- Give you tools to deal with this incident.
- Your work is appreciated. We owe you this!!

Sources available when you get home:

- For individuals:
 - Your unit Employee Assistance Program.
 - Your statewide emergency services network
 - NOVA hotline 1-800-879-6681
- For Groups (Crews and IMTs)
 - USFS – Pat Henderson (970-295-6682)
 - NPS- Pam McMillan (559-760-5085)
 - Your statewide emergency services network
 - NOVA hotline 1-800-879-6681
 - Your agency Employee Assistance Program