

# REACTING TO A CRITICAL INCIDENT

## WHAT TO KNOW

### INJURED

*Sleeplessness – Continuous replaying of events  
Self-medication – Depression – Anxiety  
Suicidal thoughts – Self-isolation*

**Seek professional help.  
Contact a counselor or doctor.**

### REACTING

*Loss of interest – Avoiding others – Sleep difficulty  
Irritable – Loss of appetite – Intrusive thoughts*

**Contact someone you trust or your local CISM team.**

### READY

*Effective Communication - Socially active  
Healthy sleep – Joy & vitality  
Fit and healthy*

**Keep fit, eat right and learn to let go.**

