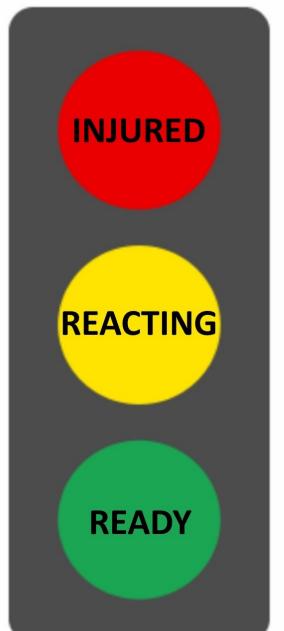
## REACTING TO A CRITICAL INCIDENT WHAT TO KNOW



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

Seek professional help. Contact a counselor or doctor.

Loss of interest • Avoiding others • Sleep difficulty Irritable • Loss of appetite • Intrusive thoughts

Contact someone you trust or your local CISM team.

Effective Communication • Socially active Healthy sleep • Joy & vitality • Fit and healthy

Keep fit, eat right and learn to let go.