

REACTING TO A CRITICAL INCIDENT

WHAT TO KNOW



INJURED

REACTING

READY

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.