

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.

