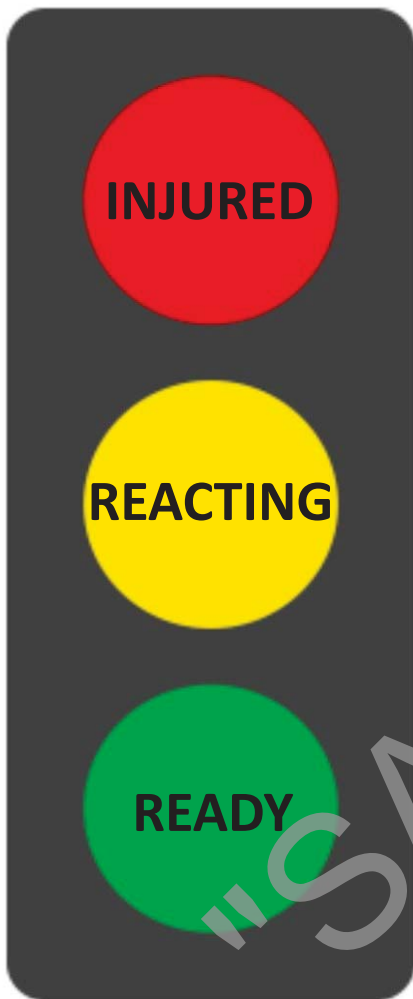


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This is a 2-sided card sized the same as most business cards.

## 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.*

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## **Asking for help is not a sign or weakness... It is a sign of strength.**

Most emergency responders will experience a range of signs and symptoms as a result of a serious incident.

If you continue to have signs and symptoms, seek professional help or contact your local CISM team.

For more information visit:

<https://www.nspeast.org/safety/stressawareness>



**Your Mental Health is Important.**



**Eastern Division**  
NATIONAL SKI PATROL

