



# Helping normal people get over normal reactions to abnormal events.

CISM Peers are available 24/7 to all Tasmanian emergency services workers, both career and volunteer. CISM Peers provide assistance, advice and referral to emergency services workers who have been exposed to traumatic incidents.

## SERVICES:

- Education and information sessions
- Defusing and on scene support
- Group and individual debriefing
- Follow-up assistance
- Advice to partners, families and friends

## 3 WAYS TO ACTIVATE THE TEAM:

- Contact your communications/control room and request the CISM Program
- Contact a Program member who is known to you
- Preferably call 0427 181 207 (do not text this number)

**24 HOUR CONTACT 0427 181 207**

**CISM** Critical Incident Stress Management  
Tasmanian Emergency Services

Wellbeing SUPPORT



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