



Critical Incident Stress Management (CISM)

CISM is a service that is designed to help individuals that have just experienced a critical incident that leaves them emotionally and/or physically affected by those incidents. The CISM process allows those that experience critical incidents together to understand difficulties that could occur because of the event. These processes are proven to decrease the emotional impacts of critical incidents to get back to baseline as quickly as possible. It is important to clarify that CISM is not a crisis response but rather a debriefing of critical incidents either during or after events. It is a debriefing. It is confidential, and it is an opportunity to understand stress, share reactions with peers, and learn warning signs and coping mechanisms to battle against negative emotional responses.

Information & Assistance

For further information or for questions or concerns, please contact:

Customer Services:
(734) 243-7340 TTD: 7-1-1

Suicide and Crisis Life Line: 9-8-8

What is expected of me?

- Participate in discussions
- Remain open
- Allow yourself to heal

What to expect from the CISM team?

- Expertise in the physiological effects of critical incidents
- Facilitation of healing
- Coordination and linkage to further resources if/when needed

Who is eligible?

- Any persons that have been exposed to a critical incident recently (within 24-72 hours)

Talk With Us.

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