

STRESSED

**IF YOU NEED TO
TALK, WE PROMISE TO
LISTEN.**



Are you feeling angry or overwhelmed after an incident? You don't have to deal with the stress alone. We've been there and understand. Help yourself and others by making that call to activate our trained CISM Teams.

***Rappahannock and
Rappahannock-Rapidan
Critical Incident
Stress***

Management Teams

On Call 24-7-365

540-752-5883

***(24 hour dispatch number to
request CISM services)***

***Accredited Teams with the
REMS Council***

