



## CRITICAL INCIDENT STRESS MANAGEMENT ➤ THE INDIVIDUAL CHECK-IN ◀

1. **Identify** individuals impacted by the event.
2. **Find** a quiet place to talk.
3. **Acknowledge** and validate the event.
4. **Ask** questions about wellbeing.
5. **Normalize** reactions.
6. **Limit Advice**, focus on immediate needs.
7. **Assess** ability to resume regular duties.
8. **Determine** individual support needs.
9. **Consult** with your CISM provider.
10. **Follow-up** the next day.

***REMEMBER... an individual check-in is:***

- ✓ Informal
- ✓ Supportive
- ✓ Non-judgmental