



MARYLAND CRITICAL INCIDENT STRESS MANAGEMENT AND PEER SUPPORT

*If you have experienced a difficult or troubling call, or are experiencing stress and would like to talk to a Critical Incident Stress Management (CISM) or Peer support team member, call us through EMRC/SYSCOM at 1800-648-3001. We will connect you with a trained and experienced Peer or Licensed Mental Health professional from your local team, or the state team. **ALL discussions with peers and mental health professionals are voluntary and confidential.***

Services Available:

- Peer Support for assistance with any type of stressful event or conditions affecting a first responder.
- Critical Incident Stress Management to assist responders in dealing with the stress of difficult responses.
- All Maryland first responders have access to Peer and CISM support through a local team or the state team. Access can be made directly to your local team (follow local process to access your team), or through EMRC/SYSCOM by calling 1-800-648-3001.
- A request for assistance can come directly from individual responders, coworkers, supervisors, and others who see a negative effect of stress on an individual or crew.



Access to Maryland State CISM Network 1-800-648-3001

If you have suicidal feelings and need to talk to someone urgently call 211 and ask for assistance.