

A FEW TIPS TO PROMOTE A SWIFT RETURN TO YOUR NORMAL STATE:

- Talk to others about what you are feeling. Spend time with others. Don't isolate yourself.
- Try to eat healthy meals on a regular schedule. Limit caffeine, sugar, and other unhealthy means of coping.
- Don't complicate things with the overindulgence of alcohol. Alcohol clouds your thinking, and can prolong your discomfort.
- Recurring thoughts, dreams, and flashbacks are normal and will pass with time. Do not attempt to fight them - they should fade eventually.
- Do the things that feel good to you. Give yourself a break. Do something you have been meaning to do.
- Do some physical exercise alternating with periods of rest.
- Make as many normal daily decisions as possible, but don't look to make any big life changes or decisions.

Although you are a trained, experienced Member of the Service (MOS), understand that your chosen profession increases the likelihood of you being exposed to a critical incident. Even though you have what it takes to handle it, you are still human and these types of events may be so extraordinary and sudden that they have a strong effect on even the most prepared emergency response personnel.



Employee Assistance Unit

The Employee Assistance Unit (EAU) is designed to assist Members of the Service who are experiencing personal and/or professional problems. The early identification and resolution of these problems can minimize the impact on a member's career or home life.

Referrals are accepted from fellow Members of the Service, unions and fraternal organizations, family, and friends.

Our unit is **NOT** a disciplinary arm of the department. Communications between EAU personnel and Members of the Service remain **CONFIDENTIAL**, EXCEPT in cases of criminality or suicidality.

EAU IS AVAILABLE 24/7 by phone or in person. Peer counselors will meet you, and care for you, where and how you are most comfortable.

If it's important to you,
it's important to us.

Employee Assistance Unit

90 Church Street
Suite 1209
New York, NY 10007
646-610-6730

Employee Assistance Unit

Critical Incidents



CRITICAL INCIDENTS

A critical incident is any situation in which you were exposed to something that has the ability to impact how you function and feel right now or years down the road.

TAKE CARE OF YOURSELF

The symptoms of a stress reaction may last from a few days to a few months, depending on the severity of the traumatic event.

With the understanding and support of loved ones, the symptoms of a stress reaction usually pass more quickly.

Common effects of stress on your mood:

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression
- Changes in appetite
- Difficulty falling and staying asleep

NOT EVERYONE WILL REACT TO A CRITICAL INCIDENT IN THE SAME WAY.

For example, officers involved in shootings:

- 1/3 experience a mild or no traumatic reaction
- 1/3 experience a moderate reaction
- 1/3 experience a severe reaction

POSSIBLE REACTIONS MAY INCLUDE:

- Nightmares
- Flashbacks
- Distressing memories
- Increased irritability
- Obsessions with the incident
- Self-doubt
- Feelings of inadequacy
- Difficulty concentrating
- Withdrawal from others
- Increased alcohol consumption
- Hypervigilance
- Guilt

**SUPPORT IS
AVAILABLE 24/7
CALL ANY TIME
646-610-6730**

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CRITICAL INCIDENT DEBRIEFINGS

When appropriate, a group discussion that includes both crisis intervention and an education process will be arranged.

The primary objective is to minimize or resolve any distress associated with the event. These discussions are conducted away from your command and are NOT recorded in any manner.

WHO ATTENDS A DEBRIEFING?

MOS like yourself who have been involved in a particular event. While you may feel you don't need (or want) to talk about it in a group situation, your presence will lend a hand to support the cop who might want to talk.

By sharing your experience, you may help another MOS get through a tough time.