

CRITICAL INCIDENT STRESS MANAGEMENT (CISM)

(Everlie & Mitchell, 1997, 1999; Everly & Langelieb, 2003, Everly & Mitchell, 2017)

- A comprehensive, phase sensitive, and integrated multi-component planning system for crisis/disaster intervention.
- The most widely used disaster mental health continuum in the world Adopted by United Nations in 2007 for use with its field personnel.
- **CISM is a way of packaging and delivering peer support.**



Peer Support

“Peer-to-peer approaches are widely accepted because it is much easier to identify and trust someone who understands what you are experiencing because they have also witnessed or experienced firsthand those same challenges.”