



Portsmouth
Hospitals Charity
Registered Charity No: 1047986

**NHS CHARITIES
TOGETHER**

Registered Charity No: 1186569



**Portsmouth Hospitals
University**
NHS Trust

Critical Incident Stress Management (CISM) Service

Have you been involved in a traumatic incident?

- Witnessed the death of a patient or colleague
- Serious injury or assault
- An accumulation of stressful incidents
- A fire

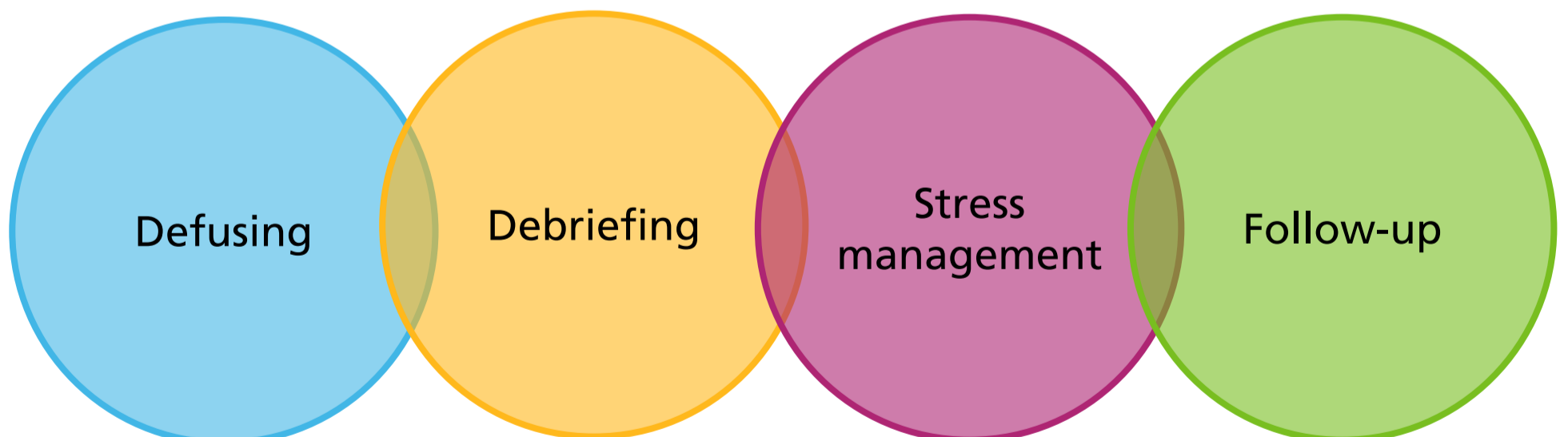


Have you experienced any of the following?

- Dizziness and headaches
- Nausea, vomiting and fatigue
- Anxiety, anger, fear or grief
- Increased smoking or drinking alcohol
- Emotional outbursts
- Poor concentration, memory problems and nightmares

Let us help you put the puzzle back together!

CISM, a specially designed programme to help individuals and teams following traumatic and critical incident



Please find more information on the [intranet](#) or email CISM@porthosp.nhs.uk

