



New Jersey Disaster Critical Incident Stress Response



The New Jersey Disaster Critical Incident Stress Response Team Program was established through a grant offered by the NJ Office of Victim Witness Advocacy. It allowed the Office of Employee and Organization Development (OEOD) and University of Medicine and Dentistry of NJ (UMDNJ), University of Behavioral Healthcare (UBHC) to collaborate its efforts on First Responders victimized by disaster response after September 11th, 2001.

866-4U-NJ-1ST
www.njdcisr.org



In times of stress,
First Responders turn to us.

Project supported by:
Office for Victims of Crime and Justice Programs



It takes courage to help others.



It takes more courage to help yourself.



On 9-11

You were there for them
We're here for you

On September 11th, 2001, you survived the worst terrorist attack in the history of our country. Reliving your experience can be emotionally overwhelming. That's why there's The New Jersey Disaster Critical Incident Stress Response.



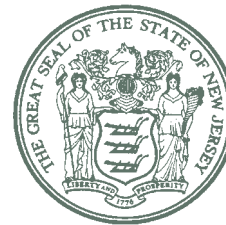
NJDCISR helps you deal with the emotional stresses of your job

When your life is centered around helping other people, it is often difficult to ask for help yourself. We understand. Many of our counselors have gone through similar experiences. So they know how to listen and provide the kind of insight and support you need at crucial times in your life.

**24-hour hotline:
866-4U-NJ-1ST**

We offer confidential 24-hour hotline services in support of our New Jersey First Responders. We can offer help in the following areas:

- **Crisis Intervention**
- **Peer Support**
- **Clinical Services**
- **Training Programs**
- **Referral Services**



Test yourself for these stress symptoms

If you are experiencing any of these symptoms, try simple stress reduction techniques. If you checked many boxes, you may require more than simple relaxation techniques. Consider asking a professional counselor for help in dealing with the stressors in your life.

- Fatigue**
- Sleeplessness**
- Irritability, anxiety or depression**
- A change in appetite**
- Headache, backache or chest pain**
- Noticeably negative attitude**
- Numbness**
- Feeling overwhelmed or out of control**
- Poor concentration**
- Little things bothering you**
- Frequent crying**
- Muscle spasms**
- Constipation or diarrhea**
- Shortness of breath**
- Difficulty controlling temper**



Call 866-4U-NJ-1ST to reach our 24-hour confidential hotline.
Or visit www.njdcisr.org