



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

FROM RED AND BLUE LIGHTS
TO FESTIVE CHEER



DECEMBER 2023



How to help troubled service members and veterans get through the holidays

By: Tom Temin

Tis the season to be jolly. But military service members and veterans often experience a spike in depression or post traumatic stress disorder — even suicide — this time of year. [Read More](#)

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ICISF Training & Resources

Start the new year with CISM Training! The new year is filled with a variety of core, advanced and specialty courses to aid you in gaining valuable knowledge in crisis intervention.

- January 15-16, 2024: [Managing School Crises: From Theory to Application](#)
- January 17, 2024: [Resilient Leadership for Emergency Services & Healthcare Professions](#)
- January 19, 2024: [De-escalation Skills for the Front Line: A Practical Approach](#)
- January 24-26, 2024: [Assisting Individuals in Crisis and Group Crisis Intervention](#)
- January 26, 2024: [Suicide Awareness: An Introduction for Crisis Responders](#)
- [Emergency Planning for First Responders & Their Families](#)
- [Stress & Grief During The Holiday Season \(CISM Live Series\)](#); Recorded December 15, 2021 - Guest speaker Kevin Ellers, D.Min. joined ICISF to discuss Stress & Grief During The Holiday Season.

Strategic Partner Content

- [First Responder Wellness Podcast](#) with host Conrad Weaver
- [4 Tips for Supporting Your Mental Health During the Holiday Season](#) - Lighthouse Health & Wellness Weekly Wellness Minute
- [First Responders are Human Beings, too](#); Article by Warriors Rest Foundation
- [Tips to Help You Stay Healthy During Travel](#) (Lighthouse Health & Wellness)
- [Donors and families are big OCC contributors](#); Article by Charleston Southern University

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