



CISM NEWS

FROM THE INTERNATIONAL CRITICAL INCIDENT STRESS FOUNDATION, INC.

AWARENESS SAVES LIVES:
LET'S TALK ABOUT PTSD

JUNE 2025



HONORING HIDDEN BATTLES: RECOGNIZING PTSD AWARENESS MONTH AND CRITICAL INCIDENT STRESS

From The Office of ICISF, Inc.

June brings a critical focus on the hidden struggles of those affected by PTSD and critical incident stress, especially for first responders and military personnel. Discover how awareness, support systems, and proactive care can reduce stigma, encourage early intervention, and help those on the front lines heal and thrive.

[Read More](#) >>

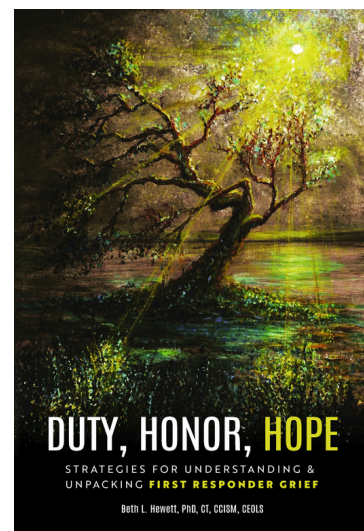


DUTY, HONOR, HOPE

By: Beth L. Hewett, PhD, CT, CCISM, CEOLS

In *Duty, Honor, Hope: Strategies* Dr. Beth L. Hewett uses the lived experiences of 21 first responders, offering a practical approach to a subject many people don't discuss: grief, grieving, and intentional mourning. Grievs stemming from critical incidents often go unmourned, accumulating and stacking up, and eventually overflowing. She teaches a first response action approach to address stacked up griefs and prevent them from reaccumulating.

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Welcome To Our June Blog,

Awareness Saves Lives: Let's Talk About PTSD

June is PTSD Awareness Month, a time to bring visibility to the invisible wounds carried by many first responders. Post-Traumatic Stress isn't a sign of weakness; it's a natural response to the relentless stress and repeated trauma faced in the line of duty. This month, we're offering you tools, insights, and training to help you recognize the signs of PTSD, support your peers, and prioritize your own mental wellness. Because caring for those who serve begins with awareness, and awareness saves lives.



ICISF Training & Resources

Virtual Training

June 23:

Group Crisis Refreshers:
Skills Enhancement and Practice

July 9 - 10:

Line of Duty Death:
Preparing the Best for the Worst

July 14 - 15:

Advanced Group Crisis Intervention

July 16 - 18:

Assisting Individuals in Crisis & Group
Crisis Intervention

August 6 - 7:

Advanced Assisting Individuals in Crisis

August 8:

De-escalation Skills for the Front Line:
A Practical Approach

August 11 - 12:

Grief Following Trauma

August 18 - 20:

Assisting Individuals in Crisis & Group
Crisis Intervention in Colleges and
Universities

August 22:

Critical Incident Stress Management
(CISM) in the College and University
Setting

August 25 - 27:

Assisting Individuals in Crisis & Group
Crisis Intervention

“There is no greater agony than bearing an untold story inside you.”
— Maya Angelou

Resources

- [Resource: Peri-Traumatic Predictors and Warning Signs of Post-Traumatic Distress](#)
- [Podcast: Psychological Preparation for the Next Critical Incident: Quick Tips](#)
- [Book: Psychological Body Armor™](#)
- [Resource: Crisis Intervention Definitions](#)
- [Book: Let There Be Hope](#)

Crisis Journal Articles of The Month

[PTSD and Suicide Within the Fire and Emergency Services](#)

[Penetrating the Blue Wall of Silence](#)



Strategic Partner Content

- Lighthouse Health & Wellness: [Reducing and Treating PTSD, Anxiety, and Depression as a First Responder](#)
- First H.E.L.P.: [EP 59: You Have The Right To Go On Living](#)
- PTSD 911: [EP 82 - Finding Purpose after the Trauma with Kris O'Neill](#)
- The Counseling Team International: [Post-Traumatic Growth](#)
- 1st Responder Conferences: [Upcoming 2025 Conferences](#)
- C.O.P.S: [National Conference on Law Enforcement Wellness & Trauma](#)

“Trauma creates change you don’t choose. Healing is about creating change you do choose.”
— Michelle Rosenthal



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