



TRI-MET CISM Team

News Letter

Team Membership

Don Huffman
Gladys Melton
Gary Nelson

Bill Hunt
Shirley Block
Terrance Howard

Keep Strict
Confidentiality

Be an Active Listener

YOU need to be SAFE

Our role is to be the
calm one

Do No Harm

National Suicide Prevention Lifeline
1-800-273-8255

Crisis Text Line

A service that allows people in crisis to speak with a trained crisis counselor by texting “Start” or “Help” to 741-741.

Suicide.org

For a list of local helplines for all 50 states.

FOR TRIMET Employees:

Employee Assistance Program.

FREE and CONFIDENTIAL

For Assistance Call: 800-433-2320

or text: 503-980-1777

www.cascadecenters.com

Cascade Centers offer:

- Legal/Financial Resources
- Conflict at work
- Depression/Anxiety
- Stress management
- Grieving a loss
- Home Ownership Program
- Alcohol or drug abuse
- Marital conflict/Family relationships
- Career development services

Legal Aid/Family Law: 503-224-4086

Military Help Line: 888-457-4838
militaryhelpline.org

**To join the ICISF or get more
information on CISM**

www.icisf.org

**The Team Will NOT
collect any information
on those we talk with.**

**REMEMBER:
When in doubt,
REFER**

**A crisis stays a crisis
until is a resolution**

If you need help or you just need to talk, call or email a team member.

Next Meeting: 05/16/2019 from 1200 - 1330.

Team Start Date: Some time in June.

Are you ready?

All Team Members now qualify to test for the BASIC CCISM Certification.

Symptoms of Traumatic Impact

PHYSICAL SYMPTOMS:

Chills, Thirst Fatigue, Nausea Fainting, Twitches, Vomiting, Dizziness, Weakness, Chest pain, Headaches, Elevated BP, Rapid heart rate, Muscle tremors, Shock symptoms, Grinding of teeth, Visual difficulties, Profuse sweating, or Difficulty breathing.

Behavioral Symptoms:

Withdrawal, Antisocial acts, Inability to rest, Intensified pacing, Erratic movements, Change in social activity, Change in speech patterns, Loss or increase of appetite, Hyper-alert or sensitive to environment, Increased alcohol consumption, or Change in usual communications.

Cognitive/Mental Symptoms:

Confusion, Nightmares, Uncertainty, Hyper-vigilance, watchful, Suspiciousness Intrusive images, Blaming someone, Poor problem solving, Poor abstract thinking Difficulty with numbers, Poor concentration/memory, Disorientation of time, place or person, Difficulty identifying objects or person, Heightened or lowered alertness, or Increased or decreased awareness of surrounding.

Emotional Symptoms

Fear, Guilt, Grief, Panic, Denial, Anxiety, Agitation, Irritability, Depression Intense anger, Apprehension, Emotional shock, Emotional outbursts, Feeling overwhelmed, Loss of emotional control, Thoughts of suicide/homicide, or Inappropriate emotional responses.