

WE'RE STRONGER TOGETHER



Coronavirus (COVID-19) is changing our way of life.

Finding healthy ways to cope with this disruption will make you, the people you care about, and your community stronger.

ANTHC's CISM (Critical Incident Stress Management) team of trained staff and behavioral health providers is here to support you.



You can reach out to CISM at any time. All communication is confidential.
Call 729-8250 or email CISMteam@anthc.org

Please provide:

- 1. Your name**
- 2. How we can help**
(individual support session, group support session)
- 3. Preferred Contact**
(phone number, email address)

A CISM coordinator will review your request and identify a CISM service that meets your needs.

For requests received 8 a.m. – 4 p.m. (M-F):
We will contact you within 60 minutes with next steps.

After hours:
We will contact you by 9 a.m. the next business day with next steps.

 729-8250

 CISMteam@anthc.org



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