

# STICKING TOGETHER IN THE CRITICAL HOUR(S)

S.T.I.T.C.H. - NOT IF BUT WHEN

PART TWO

JANUARY 2021 VERSION 1



9-1-1 PERSONNEL EXPERIENCE HIGH LEVELS OF STRESS AND VICARIOUS TRAUMA. CREATING AND MAINTAINING A PEER SUPPORT TEAM IS ESSENTIAL. PEER SUPPORT TEAMS PLAY A VITAL ROLE IN MONITORING HOW PERSONNEL IS COPING AND THEIR WELL-BEING DURING AND AFTER A SIGNIFICANT EVENT. CONFIDENTIAL ONE-ON-ONE OR GROUP SESSIONS ALLOW EMPLOYEES A CHANCE TO RELIEVE SOME OF THE STRESS OF THE SITUATION AND INITIATE THE RECOVERY PHASE.



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