Attention Alaska Tribal Health System Staff  
fighting the spread of COVID-19

Is the Coronavirus making you feel additional stress for your family or well-being?

During this challenging time, you may be experiencing stress, burnout, exhaustion, or other symptoms that affect your ability to take care of yourself and others.

The ANTHC CISM (Critical Incident Stress Management) team of trained staff and behavioral health providers is standing by to support your mental health and well-being.

You can reach out to CISM at any time.

All communication is confidential.

Call 729-8250 or email CISMteam@anthc.org.

WHEN CONTACTING CISM, 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.

Thank you for taking care of us – let us take care of you!

729-8250  CISMteam@anthc.org