

# 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](mailto: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](mailto:CISMteam@anthc.org)



**ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM**