



Critical Incident Stress Management

We want to take a moment to highlight NAV CANADA's Critical Incident Stress Management (CISM) program, a vital resource designed to support employees affected by critical incidents.

The CISM program provides confidential peer support to help employees manage stress and build resilience following difficult events, such as: aircraft in distress, operational issues and investigations and other traumatic incidents that may affect you.

With one-on-one and group support, CISM helps employees process their experiences and regain a sense of stability. The program has been in place since 1991 and continues to grow, now supported by 154 trained peer supporters nationwide. Recent events underscore the continuing importance of this program in assisting employees.

If you or a colleague could benefit from CISM support, or if you are interested in becoming a CISM peer, please reach out to your regional Employee Wellness Specialist or your RVP. They are actively recruiting peers across all FIRs and welcome those who wish to contribute to this essential support network.

For more details, please read the full article in the [NAV Now](#) newsletter.

On behalf of the Executive Board,

Nick von Schoenberg
President

Scott Loder
Executive Vice President