

NEW JERSEY STATE POLICE

It takes courage to help others.



It takes more courage to help yourself.

On September 11th, 2001, your heroic efforts helped our country survive the worst terrorist attack in its history. Reliving your experiences can be emotionally overwhelming, painful, and can affect your daily life.

That's why there's the New Jersey Disaster Critical Incident Stress Response.

We offer confidential 24-hour hotline services in support of our New Jersey First Responders. Many of our counselors have gone through similar experiences, so they know what you've been through. They know how to listen and provide the kind of insight and support you need at crucial times in your life.

It's free. It's confidential. And it's for you. To find out more call or visit us at www.njdcisr.org.

Call our confidential 24/7 hotline:

1-866-4U-NJ-1ST



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