

Critical Incident Support

A Confidential Space to Process



Every call, crisis, and difficult moment leaves an impact. Over time, repeated exposure to stress and trauma can affect the way the brain and body respond, even for those highly trained to handle high pressure situations. The weight of the job can build gradually, and sometimes the effects show up long after the moment has passed.

If you experience any of these symptoms now or in the future, it may be time to seek professional support.



Intrusive Memories Or Flashbacks



Feeling Constantly On Edge



Avoidance Or Withdrawal



Trouble sleeping or concentrating



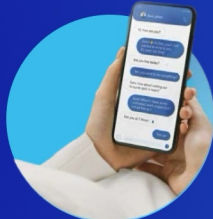
Persistent Sadness, Fear, Or Hopelessness



Using substances as a coping mechanism

Our specialized team is trained to understand the realities of **first responder** work and are here to help you process what happened, build coping tools, and support your healing with confidential care.

How To Access



Schedule An Appointment

Call at 866-991-2103 or
book online at telemetrynd.com



Get Matched With A Provider

We'll pair you with a licensed
therapist or psychiatrist



Attend A Virtual Session

Secure video sessions from
the comfort of home or work



Ongoing Support

Book follow-ups and receive
continued care as needed