

As for myself, a few years back, as a call receiver, I had to go home from work because I was stressed to the point of tears after taking 2 suicide calls back to back. One I still remember very clearly, completely distraught husband calling saying his wife had just shot herself in the head. I got what information I could and had him get out of the house, he sat on the porch and just cried on the phone.

Another, I was working Fire 2 and received a call of an infant CPR/DOA. Someone slept on the baby. I went to the CISD with the fire fighters as it affected me deeply. I think this one is more what you're looking for as I needed the same stress debriefing as the actual responders in order to work through it.