

EAP can help you cope with school shooting tragedy



Employee Assistance Program (EAP) Resources:

The recent mass shootings and horrifying loss of life in Texas and New York have deeply affected us as individuals, within our families and communities, and throughout our country. The Trusts and our partners at Health Advocate recognize our members and their families may be struggling and experiencing a range of emotions and responses to these appalling events. We want to remind you that confidential emotional and mental health support is available to our members, their dependents, parents, and parent-in-laws.

To speak to a licensed Health Advocate clinician for short term counseling (up to five free visits):

- Call 877-240-6863 / 24/7 access 365 days per year; or
- Download the Health Advocate app through the app store by searching “Health Advocate.” Enter “Delaware Valley Trusts” as your organization; or
- Log onto www.healthadvocate.com, enter “Delaware Valley Trusts” as your organization, then click “MyHelp” to connect to a counselor by text, chat or video, anytime, anywhere.

Additional Resources for School Students: The American School Counselor Association offers free resources to help students after a school shooting. These resources can be found on their website at <https://www.schoolcounselor.org/Publications-Research/Publications/Free-ASCA-Resources/After-a-School-Shooting>.

Supporting Your Kids Identifying and Addressing Signs of Stress (recorded on April 29, 2021): Presented by Pediatrician and Health Advocate Medical Director Dr. Ada Brainsky, Health Advocate Medical Director. Learn more on how to support the youngest members of our family during times of stress. Click the following link to view this free pre-recorded webinar: <https://healthadvocate.com/video/SupportingYourKidsWebinar.html>.

Additional *free* EAP pre-recorded webinars and resources are available at www.healthadvocate.com/members - enter Delaware Valley Trusts as your organization to log in.

“Take One Minute for Me” We invite you to take a moment for yourself and enjoy this Health Advocate [video](#).

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HealthAdvocateSM

We can help.

The deadly shooting in Texas has deeply affected the community and raises concerns about our own safety. Knowing how to prepare for violent events and cope with traumatic experiences is important. Health Advocate is here to help.



Emotional Support

- ✓ **Talk to a licensed clinician** about feelings of helplessness, hopelessness, anger, fear, confusion
- ✓ **Help with anxiety**, stress, how to talk with your kids about the shooting and their safety
- ✓ **Tips to stay positive** and productive

Information and Resources

- ✓ **Connect to information** to confirm the safety of family or friends
- ✓ **Access additional** local resources
- ✓ **Find community organizations** to assist with ways to help from afar

We're here when you need us most

Your Health Advocate benefit can be accessed 24/7. Normal business hours are Monday - Friday, from 8 am to 12 am (midnight), Eastern Time. Staff is available for assistance after hours and on weekends.

To get started, just contact us:

877.240.6863

HealthAdvocate.com/members

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