

EMPLOYEE ASSISTANCE PROGRAM

EAP RESOURCES FOR WILDFIRES

Traumatic experiences, such as wildfires, are often frightening and upsetting and can cause overwhelming stress. Traumatic experiences may cause a range of intense physical, emotional, and psychological symptoms. People commonly feel shock, and disbelief, right after the traumatic event, and may have a hard time accepting the reality of what has happened.

EAP is here to provide you with compassionate and caring support. If you or an eligible dependent need help, contact the EAP program anytime, to be connected with the right resource or professional. EAP can help with anxiety, stress, depression, grief, strengthen resilience and whatever life puts your way.

How can EAP help?

- **Work-life services:** Access tips for coping should a wildfire impact your area, information, and links to local resources, including shelters, emergency programs, the Red Cross and more. Find guides, articles, webinars, and live talks that offer insights and strategies to safeguard and protect yourself and your loved ones who may be threatened by wildfires.
- **Counseling:** Identify the issues you need help with such as anxiety, stress, grief, depression, fear, sadness, etc. Learn tips to talk to children and understand their worries. Meet with a counselor in-person, by text message, live chat, phone, or video conference.
- **Digital emotional wellness tools:** Learn how to improve your emotional health, practice mindfulness and relaxation, manage fatigue, cope with burnout, sleep better, and manage stress. Get started with interactive, self-paced programs on dozens of life topics.
- **Legal and financial wellness services:** Know where to start and how to move forward when a wildfire occurs. Find local resources to meet basic needs, ideas, and tips for replacing lost income and determining rent and mortgage concerns and understand how insurance will help. Meet with experts that can help you take control of your finances and resolve legal issues.
- **EAP website:** Learn more about the free, confidential services available, as well as resources for resilience, connecting with your community, learning events, and more.

Go online to eap.calhr.ca.gov or call 1-866-327-4762 to get started.

