

## EMPLOYEE ASSISTANCE PROGRAM

# PRACTICE WILDFIRE SAFETY



Wildfires affect everyone. They can spread fast and are getting bigger and more dangerous. EAP is here to help with no cost, confidential services and resources including:

- **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.
- **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.
- **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.
- **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.

Visit [eap.calhr.ca.gov](https://eap.calhr.ca.gov) or call 1-866-EAP-4SOC to learn more about EAP services.

Visit [eap.calhr.ca.gov](https://eap.calhr.ca.gov) or call today to get help with topics such as:

Work-life balance	Living healthier
Health & well-being	Emotional wellness
Family & relationships	Stress & balance
Grief & loss	Workplace support

Your resource for help with daily challenges and difficult situations.