

## EMPLOYEE ASSISTANCE PROGRAM

# EAP RESOURCES FOR NATURAL DISASTERS

Natural disasters, such as wildfires, floods, earthquakes, and extreme heat, are often frightening and upsetting and can cause overwhelming stress. Natural disasters may cause a range of intense physical, emotional, and psychological symptoms. People commonly feel shock, and disbelief, right after the 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 EAP 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 natural disaster 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 natural disasters.
- **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 wellbeing program:** Learn how to improve your emotional health, practice mindfulness and relaxation, manage fatigue, cope with burnout, sleep better, and manage stress. Get started with confidential, self-paced digital cognitive behavioral therapy for anxiety, depression, stress, and more.
- **Legal and financial wellness services:** Know where to start and how to move forward when a natural disaster 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](https://eap.calhr.ca.gov) or  
call 1-866-327-4762 to get started.

