

EMPLOYEE ASSISTANCE PROGRAM

EAP RESOURCES FOR NATURAL DISASTERS

As departments cope with natural disasters, such as wildfires, flooding, earthquakes, and extreme heat, this is a reminder that EAP is here to provide your organization with compassionate and caring support.

If you or your staff members need help to address the direct or indirect impact of the natural disaster, contact EAP anytime to be connected with the right resource or professional. EAP can help with anxiety, stress, depression, grief, resilience building, and bringing stability to the workplace.

Below is an overview of services available. To discuss your department-specific needs, call 1-866-327-4762 and use prompt #4 to be connected to the Workplace Support Consultation team.

How can EAP help?

- **Manager Support:** Workplace Support consultants are available to help managers and supervisors to effectively assess challenging situations and determine the appropriate level of intervention based on departmental policies. Managers can call Workplace Support Services for a confidential management consultation on how to approach team dynamics or individual concerns.
- **Critical Incident Stress Debriefing (CISD) services:** When a traumatic event occurs, CISD services can help minimize the long-term effects on staff and the organization. If your department has been impacted directly or indirectly by a natural disaster, you can access CISD services by calling EAP, 1-866-327-4762 and using prompt #5. CISD services are available both in-person and virtually. Fees will apply for these organizational services.
- **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 or
call 1-866-327-4762 to get started.**