

## Healing. Support. Resilience.

The attacks on September 11, 2001 left lasting impacts on individuals, families, and communities. Even decades later, grief and trauma may resurface in unique ways. National EAP is here to provide resources and support as you process difficult memories, honor resilience, and continue healing.

### Resources That Can Help

- Immediate access to mental health counselors via telephone 24 hours per day, 7 days per week
- Education about the stages of grief and trauma
- Access to Wysa, a mental resilience App that offers AI-powered chatbot for emotional support
- Short Term grief counseling

No one should face these challenges alone.  
**National EAP is here to support you.**

### How National EAP Can Help

#### ▶ Member Portal Active Shooter Resources

Explore a rich library of articles, webinars, and tools.



Log in and click on or search for "Grief and Loss".

#### ▶ Wysa: Mental Resilience App

Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



#### ▶ Work-Life Resources:

Access support for navigating the impact of a crisis, including coping strategies, and trauma recovery tips.



Our network of emotional, legal, and financial support resources is available 24/7.

### Need Help?

**CALL : 1-800-624-2593**

**Log On to the Member Portal**

**\*\*Your company name is your username and password**

 **800-624-2593**  **www.nationaleap.com**

 **info@nationaleap.com**