



Discover How National EAP Can Assist You

Navigate the emotional distress that arises from social unrest can be overwhelming.

Whether you're concerned for your own well-being or worried about friends and family, as your EAP provider, we offer resources and support to help you manage your stress and anxiety.

Your Employee Assistance Program

24/7/365 access to EAP counseling services and online resources for you and your immediate family members.

National EAP also offers self-guided support through our Member Portal and Wysa, our AI-powered mental health app grounded in Cognitive Behavioral Therapy (CBT).

Need Help?

CALL : 1-800-624-2593

Log On to the Member Portal

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

Discover how National EAP can support you during times of Social Unrest:

► Resource Links:

- [Managing Anxiety in Times of National or International Tension](#)
- [Safety Guidelines for Demonstrations and Civil Unrest](#)
- [Staying Safe, Alert and Steady in a Dangerous Situation](#)
- [Coping with Grief After Community Violence](#)
- [When Following the News Makes You Anxious](#)
- [Managing Political Anxiety](#)

► **Wysa: Mental Resilience App**

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



► **Member Portal**

- Access timely articles, tip sheets, and expert guidance on managing stress, navigating difficult emotions, and building resilience —resources that can be especially helpful during times of social unrest.
- Visit the member portal for tools that support your well-being and help you stay grounded in uncertain times.



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

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