

Building Safety and Resilience **TOGETHER**

Stay Informed. Stay Supported.

Your safety and wellbeing matter. National EAP provides resources to help you, your workplace, and your community prepare for, respond to, and recover from active shooter or school violence incidents.

Links to Articles that can Help:

- ▶ [Attacks in Crowded and Public Spaces](#)
- ▶ [Coping with Grief After Community Violence](#)
- ▶ [School Shooting Resources](#)
- ▶ [Active Shooter: Actions to Take Video](#)
- ▶ [Helping Children Cope with Frightening News](#)
- ▶ [Talking to Children About Violence](#)
- ▶ [Tips for Parents on Media Coverage](#)

No one should face these challenges alone

Your EAP is here to support you.



Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

How Can National EAP Help?

- ▶ **Member Portal Active Shooter Resources** Explore a rich library of articles, webinars, and tools.
- ▶ **Log in and search “School Safety” or “School Shooting” to find relevant content.**
- ▶ **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, trauma recovery tips, and guidance for parents and educators after a school shooting. Our network of emotional, legal, and financial support resources is available 24/7.

