



# Coping with **Political Stress**

**We See You.**

**We Hear You.**

**We are Here for You.**

During times of change and transition, you may experience increased stress, tension, and anxiety. If you're struggling with the current political climate, know that support is available.

National EAP is here to help you navigate these challenges with empathy and support.

- 24/7 Access to Confidential EAP Support
- Short-term, Solution-Focused EAP Counseling
- Pre-qualified Referrals for Long-Term Services and Community Resources
- Free, 30-minute Legal and/or Financial Consultation

**Need assistance?  
Call or email us today!**



**Need Help?**

Call: 1-800-624-2593

Email: [info@nationaleap.com](mailto:info@nationaleap.com)

[Log On to the Member Portal](#)

## MEMBER PORTAL RESOURCES

**Did you know** your Employee Assistance Program offers online access to a wide range of resources regarding work and life topics?

**Log in** to your Member Portal and browse articles, resources, interactive content, online learning seminars, and more!

- [Managing Political Anxiety](#)
- [Respecting Differences at Work](#)
- [When You're Concerned About Loved Ones in an Area of Political Unrest](#)
- [Stress Relievers: Tips to Tame Stress](#)
- [Meditation for Stress Relief](#)
- [Legal Assist: Immigration](#)
- [Aware Mindfulness Channel](#)
- [Balancing Act: Strategies for Mental Health](#)

