



Social Unrest

Coping with Emotional Distress During Social Unrest

Navigate the emotional distress that arises from social unrest can be overwhelming. Feelings of fear, anxiety, or helplessness are natural responses during times like these.

Whether you're concerned for your own well-being or worried about friends and family, as your EAP provider, we are here to support you.

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](#)

Discover how NEAP can support you during times of Social Unrest:

- ▶ **Your Employee Assistance Program**
 - **24/7/365 access to confidential counseling services** for you and your immediate family members
- ▶ **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.
 - Visit the member portal for tools that support your well-being and help you stay grounded in uncertain times.



Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

