



# Weathering the Storm Together: Hurricane Melissa Making Landfall in Jamaica

When you or someone you love is in the path of a hurricane, the worry and uncertainty can feel overwhelming. Watching from afar can be just as stressful as living through the storm itself. During these times, community, connection, and support are more important than ever.

## How You Can Help Each Other:

- **Check in often** – A quick message or call can provide comfort and reassurance.
- **Share accurate updates** – Help family and friends access reliable information and safety resources.
- **Offer practical help** – If you can, assist with travel arrangements, supplies, or communication plans.
- **Take care of yourself, too** – Supporting others is easier when you are also grounded and cared for.

## National EAP is Here for You

Our Employee Assistance Program provides confidential support to members and their household members.

Our services can help with:

- Managing stress, anxiety, or trauma related to natural disasters
- Coping strategies for children and loved ones
- Supporting children who are anxious about loved ones.
- Financial, legal, or housing resources
- Accessing financial, legal, and emergency resources

**You're not alone.** Even in the toughest storms, support is available. Together, we can find calm, strength, and connection, even through the storm.

**Contact National EAP Today  
for Assistance**

 **Call National EAP at 800-624-2593**

 **Visit [nationaleap.com/contact](https://nationaleap.com/contact) to  
submit your request online**

 **Complete the Online  
[EAP Intake Form](#)**



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