



# Staying Connected in Times of Crisis

When you or someone you love is facing a natural disaster, the worry and uncertainty can feel overwhelming. Even watching events unfold from a distance can bring stress and concern. During times like these, community, connection, and support matter more 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 the safety of others
- Accessing financial, legal, and emergency resources
- Connecting with community and recovery supports

**You're not alone.** In challenging times, support is available. Together, we can find calm, strength, and connection when it's needed most.

**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**

