NATIONAL EAP

REMEMBERING SEPTEMBER 11



Healing. Support. Resilience.

The attacks on September 11, 2001 left lasting impacts on individuals, families, and communities. Even decades later, grief and trauma may resurface in unique ways. National EAP is here to provide resources and support as you process difficult memories, honor resilience, and continue healing.

Resources That Can Help

- Immediate access to mental health counselors via telephone 24 hours per day, 7 days per week
- Education about the stages of grief and trauma
- Access to Wysa, a mental resilience App that offers AI-powered chatbot for emotional support
- Short Term grief counseling

No one should face these challenges alone.
National EAP is here to support you.

Need Help?
CALL : 1-800-624-2593
Log On to the Member Portal

How National EAP Can Help

Member Portal Resources
Explore a rich library of articles, webinars, and tools.

Log in and click on or search for “Grief and Loss”.

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, and trauma recovery tips.

Our network of emotional, legal, and financial support resources is available 24/7.



25 Years Later: Support for Reflection, Healing & Resilience

The 25th anniversary of September 11, 2001 may bring feelings of grief, sadness, stress, or anxiety for many individuals. Milestone anniversaries can stir memories and emotions, whether you experienced the events firsthand, lost a loved one, served as a responder, or feel the lasting impact of that day.

It's Normal to Experience:

- Increased stress or anxiety
- Feelings of sadness, grief, or loss
- Difficult memories resurfacing
- A need to talk with someone
- Changes in sleep, mood, or concentration
- A desire to withdraw or avoid reminders
- Emotional responses to media coverage or memorial events

Know that Support Is Available

NEAP- 24/7 Support

Confidential support for stress, grief, trauma, and emotional wellbeing. Providing trauma-informed coping strategies, education, referrals, and long-term and short-term counseling.
Call: 800-624-2593
Email: info@nationaleap.com
www.nationaleap.com/contact
Member Portal: Help Where You Are

🇺🇸 9/11 Memorial & Museum

Educational resources, survivor stories, remembrance events, and opportunities to honor those impacted.
https://www.911memorial.org

❤️ Families of September 11

Support, advocacy, and community connections for family members who lost loved ones in the attacks.
https://familiesofseptember11.org

🚨 Disaster Distress Helpline

A 24/7 crisis counseling service for individuals experiencing emotional distress related to trauma and disasters.
Call or Text: 1-800-985-5990
https://www.samhsa.gov/find-help/disaster-distress-helpline

🤝 Grief & Trauma Resources

Access information about anniversary reactions, grief, coping with traumatic memories, and supporting others.
https://www.apa.org

💙 Veterans & First Responders

Support for veterans, active-duty service members, first responders, and recovery workers who may be impacted by this anniversary.

Veterans Crisis Line: Dial 988, then Press 1
https://www.veteranscrisisline.net