

Dealing with disaster



No matter what causes them, disasters can have a devastating impact on people's lives. If you've witnessed or been affected by a disaster, it's normal to feel many strong emotions, from stress and fear to grief or anger.

Finding ways to cope with these feelings is an important part of moving forward. Your Employee Assistance Program (EAP) is here to help. With access to tools, resources, and support — all available at no extra cost to you — you'll find ways to:

- Process trauma and support someone else who's experienced trauma.
- Understand and work through different emotions.
- Cope with disaster anniversaries.
- Search for housing and relocation options.

Your EAP is here for you

Lean on these resources when you need help.



Counseling

Talk to a licensed counselor in person or online. You and your household members each have a set number of visits per issue per year at no extra cost.*



Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.

Get the help you need, 24/7

Visit www.anthemeap.com/cova or call 855-223-9277



Source: Mental Health America: *Coping with Disaster* (accessed March 2024); mhanational.org.

* Appointments subject to the availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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