



INOVA[®]

Employee Assistance

Mass violence harms people's sense of security and safety. This is true for individuals, communities and society. This type of assault on a community can make people feel at risk for similar events even if they were not directly affected.

Your Employee Assistance Program (EAP) is a confidential counseling and resource program designed to help with situations such as this. If you or someone in your household needs someone to talk to or feels overwhelmed by their current situation we are here to assist. Please call 800-346-0110.

These resource links may help with the trauma of this school shooting:

[The National Child Traumatic Stress Network- School Shooting Resources](#)

[Tips for Talking to Children and Youth After Traumatic Events](#)

[Community Violence: The Effects on Children and Teens](#)

For more resources, please visit our website, www.inova.org/eap