

Healing Together: Supporting Mental Health After Tragedy

We are all deeply affected by the recent tragedy in Lewiston, Maine. We understand the potential impact that this event may have on your mental health, and we recognize that the news of this event may cause shock, fear, and feelings of helplessness for many of you. Moreover, we understand that this event may trigger emotions like those experienced after other violent events.

Please know that we are here to support you during this challenging time.

It is normal to feel overwhelmed and anxious in response to traumatic events. These feelings can affect our ability to focus on work, engage with others, and take care of ourselves. Our Life Advisor EAP team is available to offer assistance and counseling services to help you navigate the complex feelings that may arise in response to this event.

Here are some things that you can do to take care of your mental health:

1. **Limit your exposure to news coverage:** While it's important to stay informed, consuming excessive news coverage can be overwhelming and increase your anxiety. Consider taking a break from the news and focusing on activities that bring you comfort.
2. **Seek support from family and friends:** Talking to loved ones about how you're feeling can help you process your emotions and feel less alone. It's okay to ask for support from those you trust.
3. **Reach out to your Life Advisor EAP:** We have trained professionals who are here to support you. Whether you need to talk to someone about how you're feeling or want to access counseling services, we're here to help.
4. **Take time for self-care:** Self-care is essential for maintaining good mental health. Engage in activities that help you feel calm, such as exercise or meditation. Engagement in community events can lessen the loneliness and helplessness you may be feeling at this time and confirm that you are not alone.



We understand that this news may be difficult to process, and we want you to know that we are here to support you and your dependents, including those away at college. Please don't hesitate to reach out if you need assistance. We are committed to helping you take care of your mental health and well-being during this challenging time.

**For more information, tools, resources, or app information, call your
Life Advisor Employee Assistance Program!**



**Ulliance provides no cost, confidential, short-term counseling
for you & your family.**

Call us- we're here to help **800.448.8326**