

Support to help you cope with violence, recent tragedies, and repeated exposure to sad news.

In the past several weeks, a series of violent incidents have occurred at schools, workplaces, and other public places across North America. **It is important to understand that tragedies – particularly when a series of them occur within such a short time-span – can affect each of us emotionally, even from afar.** This is in part because we hear about tragedy through virtually instant news reports, and we're repeatedly exposed to coverage from multiple news sources.

If you've been affected by tragedy – either personally or indirectly – your EAP/EFAP and work-life/wellness resource provided by Ceridian, is here to help you cope. We encourage you to contact us any time for **free, confidential assistance** from a caring, professional consultant. We're available 24 hours a day, seven days a week to help you and your dependents.

- You may be asking yourself: “How can this happen?” “What is going on in our world?”
- Your sense of safety and security may feel threatened.
- You may feel sad, shocked, helpless or grief-stricken.
- You may feel fresh sadness each time you're exposed to news stories about the incidents.

These are normal human responses. If you're experiencing feelings like these, it can be helpful to connect with a professional to talk about what you're feeling. A consultant can provide guidance and resources to help you:

- Cope with feelings of anxiety or fear
- Find ways to talk with children about violence and safety
- Support friends, family members and co-workers who may be affected by tragedy
- Locate support groups and other resources in your community
- Restore a sense of security and hope

You may also visit your program website to access helpful resources like our podcast, [Getting Back to Normal After a Traumatic Event](#), or articles, such as:

- [Reacting to School Violence: What Parents Can Do](#)
- [Taking Care of Yourself After a Traumatic Event](#)
- [Coping with Grief and Loss Following a Traumatic Event](#)
- [Talking With Children About Violence and War](#)
- [When Media Coverage Makes You Anxious](#)

Contact your EAP/EFAP any time you need us.

Toll-free: 1-800-667-3400

Visit your EAP/EFAP website to access other helpful resources.

User ID: rbc Password: rbccanada

