

# RBC EmployeeCare Program

## Support to help you cope with anxiety and fear due to recent tragedy.

In the wake of the November 13 violent attacks in Paris, France, we remind you that the **RBC EmployeeCare Program** is here to support you, your spouse/partner, and your dependents. Sadly, we hear about devastating incidents and senseless tragedies from around the world every day, and sometimes, it may just be too much to bear.

As your employee assistance program, the **RBC EmployeeCare Program** encourages you to contact us any time, 24 hours a day, seven days a week. Our qualified, professional consultants can provide guidance, recommend strategies to help you manage difficult feelings, and refer you to resources in your community. They can also point you towards helpful articles and resources available through the program.

Whether your life has been directly affected by this tragedy, or you're struggling with sadness, worry, or a shattered sense of safety and security, we can help. The service is free and it's confidential.

You can also visit [www.lifeworks.com](http://www.lifeworks.com) to submit a request for support, or access articles such as [Coping with Fear of Terrorism and War](#), and:

- [How the EAP Can Help in a Crisis](#)
- [Taking Care of Yourself After a Traumatic Event](#)
- [Managing Stress and Fear Following a Traumatic Event](#)
- [Dealing With Persistent Worry](#)
- [When Media Coverage Makes You Anxious](#)
- [Talking With Children About Violence and War](#)
- [Talking with Children About Violence \(podcast\)](#)

If you're concerned about family and friends in Paris, the following resources may be able to assist you:

- **Embassy of Canada – France:** By phone: 33 (0)1 44 43 29 00 / Consular services: 33 (0)1 44 43 29 02 or email [paris-consulaire@international.gc.ca](mailto:paris-consulaire@international.gc.ca)
- **Government of Canada Embassies and Consulates online listing:** <http://travel.gc.ca/assistance/embassies-consulates>
- **Facebook Safety Check:** [https://www.facebook.com/safetycheck/paris\\_terror\\_attacks/](https://www.facebook.com/safetycheck/paris_terror_attacks/)

**Contact the RBC EmployeeCare Program, toll-free, 24/7: 1 800 667-3400  
TTY: 1 877 616-4422**

**You can also visit [www.lifeworks.com](http://www.lifeworks.com)  
(username: rbc; password: rbccanada).**

