

# The RBC EmployeeCare Program

## Support to help cope with recent tragic news.

Throughout the country, people expressed deep grief and sadness on Monday, July 14, when Calgary police announced that the investigation into the disappearance of five-year-old Nathan O'Brien and his grandparents has become a murder investigation and that charges had been laid against a resident of Airdrie, Alberta.

**It's important to understand that tragedies like these can affect each of us emotionally, even when we don't personally know the individuals involved, and even when we're located at a distance from the scene of the tragedy.** This is in part because we hear sad news often from around the world through virtually instant news reports, and we're repeatedly exposed to coverage from multiple sources.

If you've been affected by this story – either personally or indirectly – **the RBC EmployeeCare Program**, your EAP and work-life/wellness resource, is here to help you and your dependents cope. We encourage you to contact us any time, **24 hours a day, seven days a week**, to speak confidentially with a caring, professional consultant.

- You may be asking yourself: “How can something like 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.

Our consultants 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

Visit [www.lifeworks.com](http://www.lifeworks.com) or our mobile app to email us. You can arrange a call with a consultant, or access helpful resources like our podcast, [Getting Back to Normal After a Traumatic Event](#), or articles, including:

- [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](#)

**We're here for you 24/7.**

**Contact the RBC EmployeeCare Program any time for confidential support.**

**Toll-free: 1-800-667-3400      TTY: 1-877-616-4422**

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

