

Recovering From a Critical Incident

Your Employee Assistance Program Can Help



A critical incident can be a medical issue, natural disaster or other unexpected trauma. It may turn your life upside down, but healing is possible. Your Employee Assistance Program (EAP) is here to help you connect to the right support.

Because these events can take many forms, it's normal to respond in many ways. You may experience:

- Anxiety, depression and stress
- Difficulty sleeping and eating
- Trouble concentrating, remembering things and making decisions
- Physical symptoms, like headaches, tense muscles, stomach problems and exhaustion
- Panic attacks or heightened nervousness
- Flashbacks of the event

It's also normal to feel overwhelmed and stuck—and need a little help moving forward. Your EAP offers free counseling, legal and financial services to you and your family members. All services are confidential.

Your EAP can help connect you with the right support to help with the impact of trauma.

800-324-4327
4eap.com



**Interface
Behavioral
Health**

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Counselors
24/7**