

What to Expect from Trauma Response Services

Trauma is an event that has enough impact to produce significant emotional reactions in people now or later. It is an event that is considered generally outside the range of ordinary human experiences. The incident may be the foundation for future behavioral health concerns if not resolved effectively.

Workplace Solutions recognizes the potential impact of recent events and would like to provide you with some resources to help. Workplace Solutions, our Employee Assistance Program, will be on-site to facilitate an educational session designed to provide the following:

- ✓ Education about stress, stress reactions and coping techniques
- ✓ Opportunity to process your response to this event
- ✓ Reassurance that the stress response is controllable and that recovery is possible

The session will be held on:

Participation is voluntary and the information shared will be kept confidential. If you have any questions about this scheduled session or about the support your EAP can provide, please contact Workplace Solutions directly at 1-800-327-5071.

If you are interested in participating please let your supervisor know as soon as possible so that arrangements can be made for you to attend.