

## Support for the helpers

The Employee Assistance Program is here for you.



Repeated exposure to distressing events at work can take its toll. Whether you're a nurse or doctor who frequently encounters life or death situations, a social worker who treats people suffering from depression or violence, or any other career that exposes you to trauma, the EAP is here to help.

Recognize the signs that trauma is taking its toll. If you're noticing any of the following, it may be a sign you need help:

- A regretful feeling when it's time to go to work, or calling in sick to avoid work
- Difficulty with concentration and decision making
- Lack of energy, restlessness, irritability or low mood
- Changes in appetite or weight
- Crying episodes at work or at home

Seek help if you need it. If exposure to trauma is causing you stress and interfering with your daily life, don't hesitate to seek help.

Reach out to LifeWorks for free counseling. No problem is too big or too small to contact your Employee Assistance Program (EAP). You are encouraged to seek help early, before a minor problem becomes more serious. Professionally trained staff are available for confidential support, available 24 hours a day, 7 days a week, 365 days a year.

**Phone number:** 800.234.2939

**LifeWorks Platform:** [login.lifeworks.com](https://login.lifeworks.com) (user name: COSB password: LifeWorks)