

# Support During Difficult Times

## *Your Employee Assistance Program*

As those in earthquake stricken Chile continue to focus on meeting their basic needs, abroad many of us may be living in uncertainty and remain concerned for the safety and well-being of the many survivors. Your Employee Assistance Program (EAP) would like to extend support to you and your family during this difficult time.

Coping with significant loss is a difficult experience and even viewing reports of the devastated region can impact your emotional well-being. All of the feelings experienced during the grieving process have to do with accepting the reality of a significant loss. While every person and every situation is unique, learning from the experiences of others, and sharing your pain or confusion can be helpful in overcoming feelings of hurt, anger or grief.

**How your EAP can help.** Shepell·fgi's caring professionals are dedicated to supporting you through the issues that may be impacting your life. You can access support anytime, day or night.

**Call 1 800 268-5211**

IMPORTANT: For urgent trauma requests please contact the Shepell·fgi Care Access Centre (CAC) and request to speak with a member of the Trauma Services Department.