



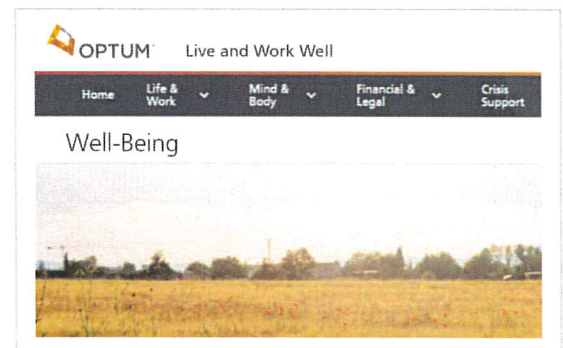
Support for Coping with Traumatic Events



Whether you live nearby or learned about it on the news, the tragedy in Las Vegas is disturbing. We want to support you and your family in coping with any emotional distress you may be feeling. We want to help you communicate with your children in a non-frightening way about this sad story and the distressing images. A child watching a news story about a shooting might worry, "Could I be next? Could that happen to me?" Adults can have the same worries.

Your benefit package includes:

- A caring team of professionals who will listen and connect you to any resources you may need. Call your toll-free support number.
- **Public Crisis Line** – Optum offers an emotional-support help line. The toll-free number, 866-342-6892, is open 24 hours a day, seven days a week. The service is free of charge and *available to anyone*. Specially trained, mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs.
- Extensive online support resources to review and share with friends and family. View the **Important Communications** alert on liveandworkwell.com or select the *Crisis Support* drop down tab and select *Disaster Planning & Recovery*. For coping resources, select the *Life & Work* tab > *Well-Being* > *Coping*.



Visit www.liveandworkwell.com

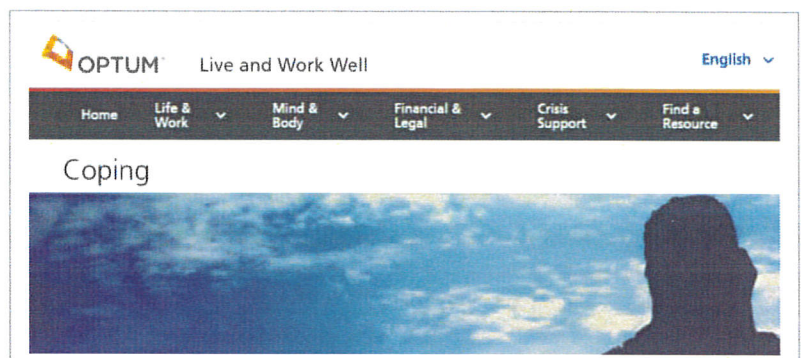
Member Resources

Below are some of the resources provided on liveandworkwell.com to help you through this difficult time. Our content is clinician reviewed to provide you with accurate, reliable information. Find this material by choosing the *Life & Work* tab > *Well-Being* > *Coping* and scroll to the Guides and Articles areas.

Personal Resources

(Find: Articles in the *Coping Center*)

- Things to Remember about Trauma
- Coping with a Traumatic Event
- Managing Your Distress in the Aftermath of a Shooting
- Encourage Healing After a Disaster



Resources for Parents

Find: *Life & Work* > *Parenting* > *Preschool & Youth*

- Talking to Children about Violence & Other Sensitive and Complex Issues in the World
- A Parent's Guide to Helping Children Cope with Fear
- Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can do

Age-Appropriate Reading for Children/Teens

Find: *Popular Tools* on the member home page or in the *Parenting* centers under Resources.

Liveandworkwell.com's "My Healthy Family" section features age-appropriate support information for children and teens. Our content partner is the award-winning KidsHealth organization.

