

Recovering from trauma

EAP is here to help



You can't really prepare for trauma. What you can do is try your best to heal. Your Employee Assistance Program (EAP) is here for you every step of that journey.

It's normal to feel afraid, angry or numb after a trauma.

You may experience:

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

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 members of your household. It's available 24/7, 365 days a year.

Know that your greatest coping tools are within you already.

The way you've survived every problem, conflict and emergency in your life so far — and somehow gotten stronger and smarter in the process. That's how you'll survive and thrive now.

Remember that you're not alone.

Call EAP at 800-647-9151 today or visit anthemEAP.com and enter MMEHT. All services are confidential. No one will know you've contacted EAP unless you give permission in writing.*



* In accordance with federal and state law, and professional ethical standards.

Source: National Institute of Mental Health: *Coping with Traumatic Events* (February 2017): nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml.

Language Access Services - (TTY/TDD: 711)

(Spanish) - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.
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