



# Help Starts Here.

Washington State Employee Assistance Program

Over the past year, you have experienced disruption, multiple crises and numerous traumatic events. The coronavirus changed the way we live, play and work, reminding us that there is little over which we have control. Wildfires disturbed or devastated the lives of many, while political, social and civil strife left us feeling uncertain about the future.

We also continue to bear witness – at times through graphic video footage – to violence and death. And for nearly a year, much of the country – and many of you – have been directly or indirectly impacted by the murder of George Floyd and the trial of Derek Chauvin.

There is no doubt that the year's challenges and tragic events have had a significant and powerful impact on your emotional health and well-being. And at the EAP, we know and understand that yesterday's guilty verdict has and will activate a range of difficult emotions – testing your resilience, tenacity and coping skills.

Please know that the EAP is available and here for you, should you or a family member want or need support. As a reminder, the EAP offers the following:

- Problem assessment and short-term counseling
- Referrals to providers and community resources
- [Webinars](#)
- [Resources](#)
- Organizational Consultation
- Critical Incident Response

To initiate services, complete an [Online Referral Request](#). If you are a supervisor, executive leader or HR professional seeking consultation for a workplace concern, please contact the EAP at (877) 313 4455 and ask for an org consult.

Please consider these tips and resources for self-care/self-preservation after violence and trauma.

## Some Suggestions and Tips for the Days Ahead

- **Acknowledge your thoughts and feelings.** It is common to experience a wide range of emotions following a violent event. Avoid self-talk about what you “should” be feeling.
- **Connect with your community.** Fostering connections through support groups, business resource groups (BRGs), affinity groups and faith-based groups are known to be factor in building and maintaining resilience.
- **Identify and attend to the things in your scope of influence.** Focus on the things you can impact most directly and positively.
- **Take a break from – or at least minimize – social media and news consumption.** Staying informed can be important, but avoid overexposure.

Washington State EAP is accessible, free, and confidential.  
Contact us today at **877.313.4455** or [eap.wa.gov](http://eap.wa.gov)



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- **Minimize toxic interactions.** Reduce the effect of negative, stress-inducing relationships.
- **Practice mindfulness.** Be aware of what you sense and feel, while putting judgment aside.
- **Engage in healthy behaviors.** Eat well. Get sleep. Be physically active to the best of your abilities.
- **Seek out and use supportive resources.** Ask for support and help from the people, places and things that are helpful to you.

## Resources for Support and Care

- [Racism and Mental Health Resources](#), (Washington State EAP)
- [Family-Care, Community-Care, and Self-Care Toolkit: Healing in the Face of Cultural Trauma](#), (Association of Black Psychologists)
- [Coping With Grief After Community Violence](#) (SAMHSA)
- [Self-Care Tips for Black People Who Are Really Going Through It Right Now](#) (VICE News)
- [Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event](#) (SAMHSA), Tip sheet
- [Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#) (SAMHSA), Tip sheet
- [Community Violence: Reactions and Actions in Dangerous Times](#) (NCTSN), Tip sheet

## Statewide and County Resources

- [Washington Recovery Helpline](#) (for mental health, substance use or gambling challenges)
- [County Crisis Lines](#) (available for all people in Washington, regardless of income or insurance)

## Special Considerations

### *Mental Health Crises*

The below resources provide support when you or someone you care for is in crisis.

- [National Suicide Prevention Lifeline](#) – call (800) 273-8255
- [Crisis Text Line](#) – to Connect with a Crisis Counselor, text “Heal” to 741741
- [National Alliance on Mental Illness – Washington](#), 24/7 crisis line text NAMI to 741741

### *Substance Use*

Stress can result in unhealthy ways of coping, including alcohol and substance use. Below are some resources to get support.

- [Alcohol and Substance Use](#) (CDC)
- [Rethinking Drinking](#) (National Institutes of Health)

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