



# HealthAdvocate<sup>SM</sup>

# We can help.

**The Maryland school shooting reminds us that violence threatens our safety.** Knowing how to respond to violent events, cope with traumatic experiences, and keep family members safe is important. Health Advocate is here to help.



## Emotional Support

- ✓ **Talk to a licensed clinician** about feelings of helplessness, hopelessness, anger, fear, confusion
- ✓ **Help with anxiety**, stress, how to talk with your kids about the shooting and their safety
- ✓ **Tips to stay positive** and productive

## Information and Resources

- ✓ **Connect to information** to confirm the safety of family or friends
- ✓ **Access additional** local resources
- ✓ **Find community organizations** to assist with ways to help from afar

## We're here when you need us most

Your Health Advocate benefit can be accessed 24/7. Normal business hours are Monday - Friday, from 8 am to 11 pm, Eastern Time. Staff is available for assistance after hours and on weekends.

**To get started, just contact us:**

**877.240.6863**

[HealthAdvocate.com/members](https://HealthAdvocate.com/members)

We're not an insurance company. West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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