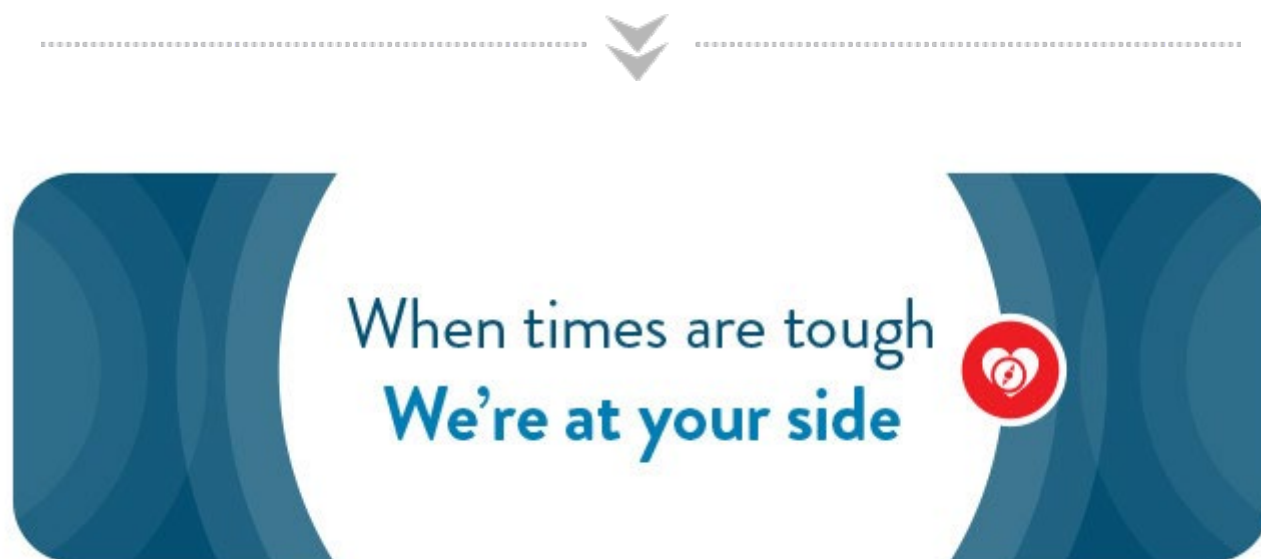


HealthAdvocateSM

The mass shooting in Buffalo and others in New York City, California and elsewhere are heart-breaking and the racial animosity present in some cases, absolutely vile. We understand some members are experiencing a range of emotions and responses. We wanted to let you know that we are here to help, and offer support.

If you would like a digital flyer with this information, please email info@HealthAdvocate.com or call 866.799.2655.



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Knowing how to respond, keep safe away from home and cope with trauma and uncertainty are important, as is how to spot warning signs in those who may do this kind of harm. **Health Advocate can help.**

To get started, just call: 877.240.6863

Emotional Support

- **Talk to an EAP professional** about feelings of helplessness, hopelessness, anger, fear, confusion
- **Help with anxiety**, stress, fear, how to talk with your kids about the shooting and their safety
- **Receive support** as a victim of a hate crime
- **Learn the warning signs** of someone who may be motivated to commit a hate crime
- **Tips to stay positive** and productive

Information and Resources

- **Connect** to updates from law enforcement agencies
- **Find** local and national news coverage
- **Explore resources** for preparing and protecting loved ones

Reminder: Visit the Health Advocate EAP+Work/Life website for resources and up-to-date information.

Turn to us. We can help. 877.240.6863

www.HealthAdvocate.com/members

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