

# Critical Incident Response

At times in life a crisis may occur and the USPS Employee Assistance Program will be there to help employees and their loved ones through it. It may be the death of a coworker or family member, a natural disaster or any trauma that may affect the person deeply. When it affects the person's ability to cope effectively, the EAP will be there to help guide the person back to a "new normal."

## **Your EAP Critical Incident Response services may come in several forms:**

- **Individual consultations**
- **Group sessions**
- **Presentations on how to recover from trauma**
- **Referrals to the EAP**
- **Long term counseling**

In a crisis your EAP will provide the necessary education, support and trauma counseling to help you re-establish feelings of security, control and normalcy as quickly as possible.