

Coping *with the* Wildfires

Your EAP can help

After a fire, you may feel shaken and unsure of what to do next. You may feel grateful to have survived the fire but heartbroken at the loss of your home, your belongings – many of them irreplaceable – and sense of security. And you may have questions: How can you make your children feel safe again? Who can fix your damaged roof? Who can you call if you don't have insurance?

Your Employee Assistance Program (EAP) from MHN can help you rebuild your life. We are here for you 24/7. We take your calls, listen to your needs, and offer help or referrals.

EAP services are paid for by your employer.

Call your EAP

If you need help, call MHN using the toll-free number to the right. We'll connect or refer you to a professional who can help with:

- Stress and anxiety
- Grief and loss
- Trauma
- Financial issues
- Legal issues
- Home and property repairs

EAP member website

You can also access online resources anytime. Visit MHN's member website for articles, tips and tools to help you cope.

Other resources

Cal OES (Governor's Office of Emergency Services)

<http://www.caloes.ca.gov/>

American Red Cross

<http://www.redcross.org/>

FEMA (Federal Emergency Management Agency)

<http://www.fema.gov/>

U.S. Environmental Protection Agency

<http://www.epa.gov/naturalevents/>

Need help?

**Call toll-free, 24 hours a day,
seven days a week:**

1-800-242-6220

TTY users call 711.