

# Coping with the Fires

## *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.

The EAP services below 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

### *Online member services*

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

### *Other resources*

#### **American Red Cross**

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

#### **U.S. Fire Administration**

<http://www.usfa.dhs.gov/citizens/atf/>

#### **U.S. Environmental Protection Agency**

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

This article is for informational and self-help purposes only. It should not be treated as a substitute for financial, medical, psychiatric, psychological or behavioral healthcare advice, or as a substitute for consultation with a qualified professional.

## **Need help?**

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

**1-866-327-4762**

TDD: (800) 327-0801

or visit us at: [eap4soc.mhn.com](http://eap4soc.mhn.com)  
company code: **SOC**