



Resources to help with coping

Distressing world events can affect everyone who lives through them. Even people who experience these events only through the media can have emotional and stress reactions.

When unexpected events happen, feeling stressed, anxious or sad is understandable. We thought you might find these resources helpful in light of recent hurricanes and tropical storms.

[Coping with disaster](#)

[Helping children cope with a disaster](#)

[Facing the unknown after a disaster](#)

[Stages of recovery from trauma and loss](#)

We're here to help during and after a crisis.

You can call on us 24 hours a day, 7 days a week.

(888) 439-7327 (TTY: 711)
www.resourcesforliving.com
Username: ladwp
Password: eap

After a Disaster Guidebook

Emotional Recovery After a Crisis Guidebook

Our staff is specially trained to assist in times of need.
We're always here to provide you with emotional support
and referrals to helpful resources.

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