



Resources *for* Living®

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 the recent hurricane Helene.

[Hurricane Helene Resources](#)

[After a Disaster Guidebook](#)

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

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

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

(800) 848-9392 (TTY: 711)

www.resourcesforliving.com

Username: pcsb

Password: eap

**Resources for Living EAP is
available to all PCS employees and
their household.**

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