

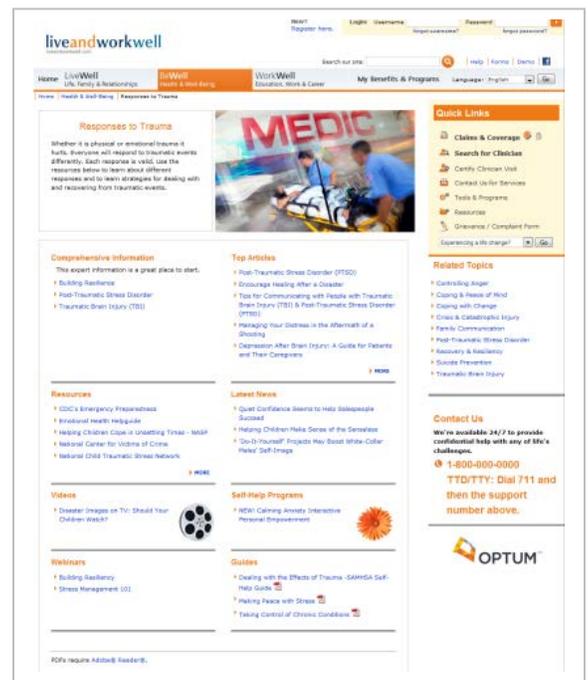
Support for Coping with Traumatic Events



Whether you live nearby or learned about it on the news, violent events can be traumatic. We want to support you and your family in coping with any emotional distress you may be feeling. We want to help you communicate with your children in a non-frightening way about these sad stories and images. A child watching a news story about a shooting might worry, "Could I be next? Could that happen to me?" Adults can have the same worries.

Your benefit package includes:

- A caring team of professionals who will listen and connect you to any resources you may need. Our toll-free Help line number is **(866) 342-6892**. It will be open 24 hours a day, seven days a week. It is free of charge and available to anyone. We are here to help.
- Extensive online support resources to review and share with friends and family. Please view the **Special Alert Spotlight** on liveandworkwell.com or select the Health & Well-Being drop down tab and select "Responses to Trauma" – click the print or share icons atop each article to share with others.



The screenshot shows the liveandworkwell.com website interface. The main content area is titled "Responses to Trauma" and includes a sub-section "Comprehensive Information" with links to "Building Resilience", "Post-Traumatic Stress Disorder", and "Traumatic Brain Injury (TBI)". There are also sections for "Top Articles", "Resources", "Videos", "Webinars", "Self-Help Programs", and "Guides". A "Quick Links" sidebar on the right provides access to "Claims & Coverage", "Search for Clinicians", "Contact Us for Services", "Tests & Programs", "Resources", and "Generalist / Complaint Form". A "Contact Us" section at the bottom right states: "We're available 24/7 to provide confidential help with any of life's challenges. 1-800-000-0000 TDD/TTY: Dial 711 and then the support number above." The OPTUM logo is visible in the bottom right corner.

Member Resources

Below are some of the resources provided on liveandworkwell.com to help you through this difficult time. Our content is clinician reviewed to provide you with accurate, reliable information. Find this material by choosing the *Health & Well-Being* tab > *Coping & Resiliency* > *Responses to Trauma* (click “More” in the Article area to view the complete listing of articles).

Personal Resources

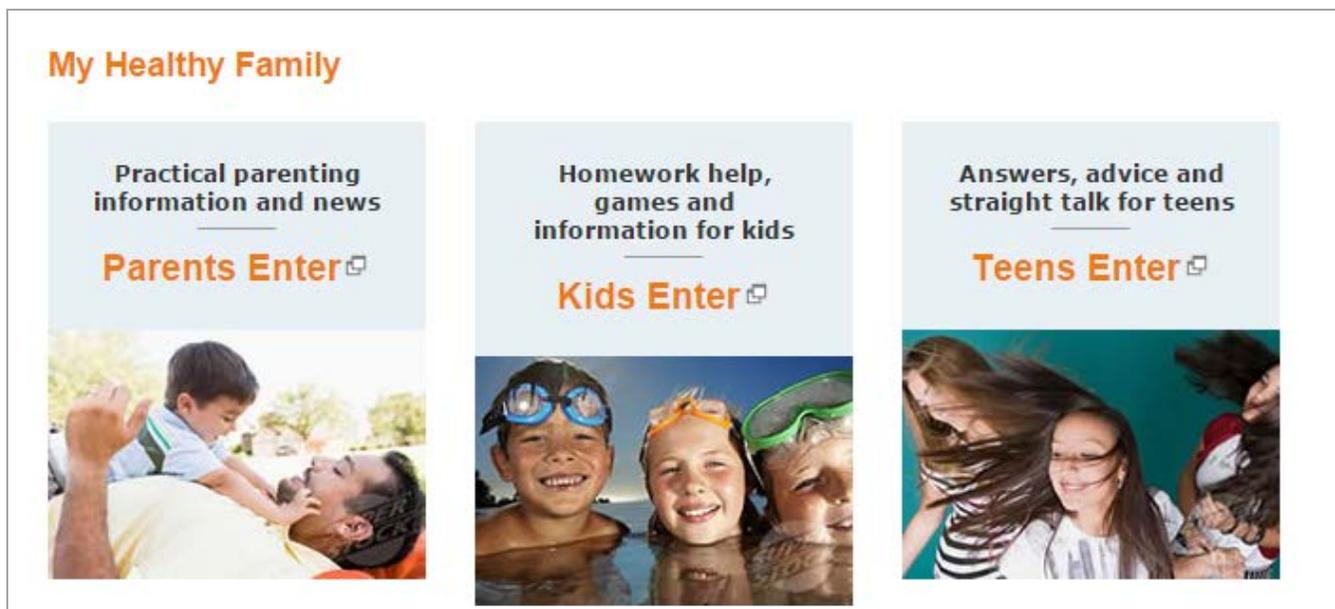
- Things to Remember about Trauma
- Coping with a Traumatic Event
- Managing Your Distress in the Aftermath of a Shooting
- Encourage Healing After a Disaster
- How to Cope with Traumatic Events in the Community and Media
- Coping with Traumatic Stress Reactions

Resources for Parents

- Talking to Children about Violence & Other Sensitive and Complex Issues in the World
- A Parent’s Guide to Helping Children Cope with Fear
- Helping Children and Adolescents Cope with Violence and Disasters: What Parents Can do

Age-appropriate Reading for Children/Teens

Liveandworkwell.com’s “My Healthy Family” section features age-appropriate support information for children and teens. Our content partner is the award-winning Kid’s Health organization. **Find it:** Quick Links under Resources.



My Healthy Family

Practical parenting information and news
Parents Enter 

Homework help, games and information for kids
Kids Enter 

Answers, advice and straight talk for teens
Teens Enter 

The banner features three columns. The first column shows a parent hugging a child. The second column shows three children wearing goggles. The third column shows a group of teenagers.

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The information and therapeutic approaches in this article are provided for informational and/or educational purposes only. They are not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

liveandworkwell.com

Confidential resources for mental health and life’s changes