



Your Employee Assistance Program is a support service that can help you take the first step toward change.

Trauma center

Traumatic events strike when we least expect them and we are often left with feelings of anxiety, fear and helplessness. These feelings can undermine healthy communities and social relationships at home and at work if left unaddressed.

No one should be left to deal with these feelings alone. As your Employee and Family Assistance Program (EFAP) provider, we are here to support you through these difficult situations. Our clients, employees, families and community members always have somewhere to turn for help when coping with the impact of traumatic events.

In addition to the resources you can access below, immediate and confidential EFAP services are available when you need them – day or night, 365 days a year – and can be accessed through our MY EAP App, workhealthlife.com, or by calling our Care Access Centres.

Downloads

Coping with crisis in the workplace: trauma and grief toolkit

[PDF](#) | [DOC](#)

How a traumatic event can affect you

[PDF](#) | [DOC](#)

Taking care after a traumatic event

[PDF](#) | [DOC](#)

Tips for helping your child through a traumatic event

[PDF](#) | [DOC](#)

Continued support following a traumatic event

[PDF](#) | [DOC](#)

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