

# Critical Incident Response

At times in life a crisis may occur and the USPS EAP will be there to help employees through it. It may be the death of a coworker or loved one, a natural disaster or any trauma that may affect the person deeply. When it affects the person's

**Caring responses can come in several forms:**

- Individual consultations
- Group sessions
- Presentations on how to recover from the trauma
- Referrals to the EAP or longer term counseling

**Remember to reach out and ask for assistance by engaging your USPS EAP.**

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