



RESOURCES FROM THE EMPLOYEE ASSISTANCE PROGRAM (EAP)

EMPLOYEE ASSISTANCE PROGRAM • 754-322-9900
5400 SW 90TH AVE. • COOPER CITY, FL 33328

**EAP ALSO AVAILABLE AT THE
Broward County Resiliency Center at Pines Trails Park
on Fridays BY APPOINTMENT ONLY**



Programs:

Trauma Resolution Integration Program
Maltz Building
3301 College Avenue
Fort Lauderdale-Davie, FL 33314
954-262-5730

HOTLINE: First call for Help 24 hours per day • 211

Links:

- 1) Managing your distress in the aftermath of a shooting
- 2) Coping in the Aftermath of a Shooting
- 3) Coping with Traumatic Events
- 4) Traumatic Stress: Tips for Recovering After a Traumatic Event
- 5) Dealing with the Effects of Trauma - A Self Help Guide

Note: added below for easy inclusion. Above are the titles, below are the links

1. <http://www.apa.org/helpcenter/mass-shooting.aspx>
2. <https://www.counseling.org/knowledge-center/coping-in-the-aftermath-of-a-shooting>
3. <https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>
4. <https://www.helpguide.org/articles/ptsd-trauma/traumatic-4.stress.htm>
5. <https://www.unh.edu/pacs/dealing-effects-trauma-%E2%80%93-self-help-guide> PTSD specific Info

Online Support Group:

<http://www.mbconnection.co/treatment-for-post-traumatic-stress-symptoms/> Online support group <https://ptsd.supportgroups.com/>

Books on Trauma:

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Paperback – September 8, 2015 by Bessel van der Kolk M.D. (Author)

The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole Paperback – January 10, 2017 by Arielle Schwartz PhD (Author), Jim Knipe PhD (Foreword)

Complex PTSD: From Surviving to Thriving: A GUIDE AND MAP FOR RECOVERING FROM CHILDHOOD TRAUMA Paperback – December 13, 2013 by Pete Walker (Author)



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