



NATIONAL EAP - SUPPORTING YOU THROUGH CHALLENGING TIMES



We Are Here For You!

The Israel/Gaza conflict is a long-standing and complex political and territorial dispute in the Middle East. It has resulted in significant humanitarian challenges, impacting the lives of people on both sides of the conflict.

At National EAP, we understand that events like the Israel/Gaza conflict can take an emotional toll on individuals and communities. We are here to provide support and resources to help you navigate these challenging times.

Your Employee Assistance Program

24/7/365 access to EAP counseling services and online resources for you and your immediate family members.

National EAP also offers self-supports online via our Member Portal and our mindfulness platform – eM life.

How Can National EAP Help?

- ▶ **Confidential Counseling:** Our team of professional counselors is available to provide confidential counseling services. Whether you need someone to talk to, guidance on managing stress and anxiety, or assistance with processing your feelings, we're here to help.
- ▶ **Emotional Support:** We offer a safe and supportive environment where you can express your thoughts and feelings without judgment. Your well-being is our top priority.
- ▶ **Resources and Information:** Stay informed about the conflict with access to the latest news and information. We can also provide resources to help you understand the historical context and complexities of the situation.
- ▶ **Mindfulness Solution, eM Life:** We offer our members access to eM Life, a mindfulness and meditation platform with hundreds of hours of content on mindfulness and meditation practices that help alleviate stress.
- ▶ **Legal and Financial Assistance:** If you have legal or financial concerns related to the conflict, we can connect you with professionals who can offer guidance and support.

Looking for additional resources?

Go to the "News For You" Section on your member portal for additional resources.



[CLICK HERE To log into your member portal using your Company Name as the Username and Password.](#)

Need assistance? Call or email us today!

800-624-2593 info@nationaleap.com www.nationaleap.com