



## Special News Alert: Atlanta Shootings

The deadly attacks at a series of Atlanta metro area spas is a tragic reminder that even within the United States there are those who engage in hate-motivated acts of intimidation and violence. As with other towns and cities that have faced similar attacks, the residents will not let the fear these shootings seek to inspire rule their lives.

As the investigation continues to explore the motivations and agents behind the shooting, those impacted by this event can find support through the resources in this Special News Alert. In this section, you'll find information for coping with traumatic experiences, ways to help those who struggle with feeling safe when away from home, and information for quickly responding to an active shooter situation.

Remember that you are never alone when coping with trauma and the feelings of anxiety it brings. The EAP is here to support you and your family. The EAP will connect you with a counselor, or appropriate resource, to help provide the guidance and direction you need to discover a new sense of normalcy as you seek to recover your life.

The EAP offers a variety of counseling and life-balance tools and resources to help you and your family stay emotionally and physically balanced during challenging times.

To access resources contact the EAP **800.925.5EAP** or visit [americanbehavioral.com](http://americanbehavioral.com).





## Helpful Links

1. [CNN Atlanta Shooting Coverage](#)
2. [Managing Your Distress in the Aftermath of a Mass Shooting](#)
3. [DHS: Active Shooter Preparedness for Private Citizens](#)
5. [Run. Hide. Fight. Surviving an Active Shooter Event Video](#)

## Handouts

- [The EAP is Here for You](#)
- [Taking Care of Yourself After a Workplace Shooting](#)
- [Leaderships Guide to the Aftermath of a Workplace Shooting](#)

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