

## Support Available to Employees During International Conflict

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Events occurring around the world can have an unsettling effect on all of us. The University of Alabama in Huntsville (UAH) recognizes that the emotional impact of current events can be very difficult, particularly for those of you with family members or friends located in areas directly involved in conflict or serving in the U.S. military.

Eligible employees and their immediate family members who would like to talk confidentially to a counselor regarding any difficulties experienced during this time are encouraged to make use of our Employee Assistance Plan (EAP). If you feel that you are struggling--at any time--with what you are hearing, seeing, or reading, help is available. Reach out to a loved one or friend for support and connect with your assistance provider to discuss your options and locate a professional who can provide the guidance and reinforcement needed to help you address your concerns.

Uprise Health, who administers the UAH EAP has created a [special resource section](#) to help anyone concerned by world events understand what is happening, follow developments as they occur, and address the emotional wellbeing concerns that can arise when armed conflicts take place. The special resources section includes links to resources that assist with addressing post-traumatic stress disorder and the challenges that re-traumatization can create for those who were able to find a comfortable or manageable place.

Uprise Health also just launched a new Member and Leadership resources page, with helpful flyers and content too around a variety of topics, including stress/anxiety, etc. You can find that on the member portal too. To get to the Work-Life portal, you can follow these steps.

Member Portal: [Uprise Health Member Portal](#)

Access Code: UAH

Please take a moment to review the monthly newsletter on the UAH EAP website: [UAH - Human Resources - EAP](#).

Check out the webinar series on your member portal as well. The webinar this month focuses tools to help us better adjust to change.

### **Uprise Health Monthly Webinar: Riding the Waves of Change**

Change in life is inevitable. While we can't always control what happens, we can control how we choose to respond to it. What we tell ourselves about change will have a large impact on our feelings and behaviors. During this webinar, we'll demonstrate techniques for successfully navigating change and using it as an opportunity for learning and growth.