**Support for those who support others**

As a Red Cross personnel, you selflessly give of yourself to people who may be experiencing devastating tragedy and loss. This level of stress and intense emotion can take its toll on you personally.

As you support those affected by disasters, it’s important to pay attention to your own well-being. If you’re struggling to cope with difficult feelings, stressed out, if you’re emotionally exhausted, or if you’re concerned about friends and family in the area, visit [www.lifeworks.com](http://www.lifeworks.com) any time for support and resources.

Log in any time to [www.lifeworks.com](http://www.lifeworks.com) from your computer, tablet, or smartphone to access helpful articles and resources, including:

* Taking Care of Yourself After a Traumatic Event
* How the EAP Can Help in a Crisis
* Avoiding Frauds and Scams After a Natural Disaster
* Connecting with Older People After a Traumatic Event
* Helping Your Teenager Cope After a Traumatic Event
* Helping a Child Manage Fears After a Traumatic Event
* Coping with Fears Following a Traumatic Event
* Coping with Grief and Loss After a Traumatic Event

**LifeWorks is here to help Red Cross volunteers.**

**Visit** [login.lifeworks.com](http://login.lifeworks.com/) **any time.  
(username: redcrossvol ; password: lifeworks).**

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