

Dear Employees,

We understand that recent events may have impacted many of you, and we want to assure you that support is available.

Resources Available:

- **Employee Assistance Program (EAP):** Confidential support services for mental health, counseling, and more.
- **HR Support:** Reach out to Human Resources for guidance and assistance regarding your employment and benefits.
- **Workshops and Webinars:** Join our upcoming sessions focused on coping strategies and resilience.

Contact Information:

If you have any questions or need immediate assistance, please reach out to:

HR Department: hr@company.com | (123) 456-7890

EAP Hotline: 1-800-555-0199

We Are Here for You

Remember, you are not alone. We encourage you to utilize these resources to support your well-being during this time.

Sincerely,
Your Management Team