Support dealing with traumatic events

Traumatic life events come in many different forms. Watching current events unfold on the news can be just as devastating as experiencing a personal life event. As we navigate through the most recent Supreme Court ruling, we must acknowledge that these events can contribute to emotional distress. Regardless of where you stand on the decision, what’s most important for each of us right now is to be mindful that others hold their unique view on it, making it critical that we extend much respect and understanding to one another. Life presents unexpected situations that are challenging to overcome. Something that barely makes an impression on one person may leave another person reeling.

Symptoms of trauma may include physical, emotional, mental and behavioral responses.

**Physical responses**
- Change in appetite
- Trouble breathing
- Dizziness or headaches

**Behavioral responses**
- Withdrawal
- Finding things sadder or funnier, or getting angrier than normal
- Lethargy
- Apathy
- Drinking more or using more medication
- Substance abuse
- Restlessness
- Picking fights for no reason

**Mental responses**
- A foggy feeling
- Constantly looking for the next thing to go wrong
- Difficulty concentrating
- Difficulty remembering details of the traumatic event
- Obsessing on the traumatic event

EAP and Work-Life Services—available 24 hours a day, seven days a week. They are completely confidential and available at no cost to you, your family members, and your close friends. You can reach them in two easy ways:

**LIFE MADE EASIER.**

**FOR FREE, CONFIDENTIAL ASSISTANCE,**
**Call: 800-448-4358**
**Sign in: www.humana.com/eap**
**EAP APP OR WEB LOGIN:**
**Username: northwestern**
**Password: eap**

These non-insurance services are provided by Humana EAP and Work-Life Services. This is a general description of services which are subject to change. Please refer to your Human Resources contact for more information.

Personal information about participants and members of their households remains confidential according to all applicable state and federal laws, unless disclosure is allowed by such laws.

This material is provided for informational use only and should not be construed as medical, legal, financial, or other professional advice or used in place of consulting a licensed professional. You should consult with an applicable licensed professional to determine what is right for you.
Important!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
  Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
  If you need help filing a grievance, call 866-440-6556 or if you use a TTY, call 711.

- You can also file a civil rights complaint with the U.S. Department of Health and Human Services,

- California residents: You may also call California Department of Insurance toll-free hotline number:
  800-927-HELP (4357), to file a grievance.

Auxiliary aids and services, free of charge, are available to you. 866-440-6556 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Language assistance services, free of charge, are available to you. 866-440-6556 (TTY: 711)

Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

Tiếng Việt (Vietnamese): Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

Русский (Russian): Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pè wò la a, pou rezevwa sèvis ed pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d’aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwoń pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

فارسی (Farsi): برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wòdahí béésh bee hani’í bee wolta’ígíí bichįį’ hódíílínhí éí bee t’áá jiik’éh saad bee áká’ánída’ áwo’déé niká’adoowóól.

العربية (Arabic): الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك.