THE NYC EAP SENDS THEIR SINCERE CONDOLENCES

Losing a colleague at any time is difficult. Losing a close coworker to COVID 19 can be even more so. We are all experiencing fear and uncertainty at this time which can cause our grief reactions to feel overwhelming.

In addition, the social distancing we are practicing, if we are able to, can generate feelings of loneliness and isolation. Being alone at a time when we are grieving a loss can intensify feelings of sadness, fear and anger.

Please keep in mind the following:

- **Acknowledge that your feelings/reactions are normal and understandable.**
- **Do what feels right. Don't get caught up in the "I should be feeling…" or "I should do…" Grief is personal and different for everyone.**
- **Talk about it with someone that you find helpful and comforting (keep the EAP in mind).**
- **Be kind to each other**

If you are looking for some guidance or support, the NYC EAP wants to be here for you. You don't have to be alone.
EAP counselors are available Monday through Friday 8am – 9pm.

Please email us at eap@olr.nyc.gov or call and leave a message at 212-306-7660.

NYC EAP
YOU TALK, WE LISTEN