



LifeBalance

For all of life's questions.



Support from LifeBalance for those affected by the tragedy in Boston.

Our hearts go out to the city of Boston and to all of those affected by the violence that took place there during the marathon. If you or a family member or co-worker needs help or support, contact the LifeBalance program anytime to speak with an experienced professional consultant. We are available 24/7, whenever you need us—the service is free and completely confidential.

You can also go online to e-mail a consultant or to find helpful resources on coping and healing after a traumatic event, including:

- [*Coping with Fears Following a Traumatic Event*](#)
- [*Coping with Grief and Loss After a Traumatic Event*](#)
- [*How the EAP Can Help in a Crisis*](#)
- [*Taking Care of Yourself After a Traumatic Event*](#)
- [*Talking with Children About Violence \[podcast\]*](#)

Call LifeBalance anytime at 1-888-267-8126 to speak with a consultant. Or visit www.lifebalance.net (user id:BVARI, password:Research).