

## The EAP Stands with Ukraine

In the midst of the horror and brutality of the war in the Ukraine, we at the Employee Assistance Program stand in solidarity with Ukrainians globally and want to extend care to all communities who have endured the grief and trauma of war. We are especially concerned about communities of color and the LGBTQIA+ community in the Ukraine as we acknowledge that war disproportionately impacts these identities. We are committed to providing support and resources to UT faculty and staff who are feeling deep sorrow, anguish, and helplessness. We believe that connecting with caring, compassionate others is a source of strength and can help diminish the effects of distressing events. Our team of counselors are available to help process what is happening, help carry the weight, and explore additional resources for coping. To schedule an appointment, you can reach us at 512-471-3366 or email [eap@austin.utexas.edu](mailto:eap@austin.utexas.edu).