



## Help with Healing

Each year, there are more than 425,000 victims of rape and sexual assault in the United States.<sup>1</sup> If you or someone you love is a victim of sexual abuse or assault, your Employee Assistance Program (EAP) can help you navigate the road to recovery.

- Find resources and assistance
- Cope with the aftermath of trauma
- Address stress and anxiety

Available any time, any day, your EAP is confidential and available at no cost to you.

<sup>1</sup>Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, National Crime Victimization Survey, 2018 (2019).