


Coping with Grief, Loss and Stressful Events: *When to ask for help*

During the grief process or after a stressful event reactions may come and go. It's important to know when to ask for help. If you or someone you know are experiencing any of the following problems, particularly if the reactions are severe or last for more than two weeks, please see your doctor or contact Caterpillar's Employee Assistance Program for help:

- Feeling depressed or loss of interest in normal life activities
- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Impulsive behaviors, including excessive smoking, drinking, or using drugs
- Thinking of hurting or killing yourself or someone else
- Feeling unusually confused or forgetful; on edge, angry, upset; or worried and scared
- Yelling or fighting with family, friends or coworkers
- Having thoughts and memories you can't get out of your head
- Unable to perform routine tasks at home, work or school

If you or someone you know is in need of additional support, **Caterpillar's Global Employee Assistance Program (EAP)**, can connect you with qualified professionals that can help. Services are confidential, free of charge and available by phone or in person near your home or work.

For confidential support, free of charge, contact Caterpillar's **Employee Assistance Program (EAP)**:

 **1-866-228-0565**

 **1-309-820-3604**

 **CaterpillarEAP.com**
For global access numbers by country

