



# Optum

When experiencing grief, it is common for people to have a wide range of emotional and physical reactions of varying intensity. To provide you with support we have scheduled a critical incident debrief. During the debrief you and your colleagues will meet for about an hour with a trained responder. The responder will facilitate discussion and provide resiliency strategies. Participation is voluntary.

Additionally, you have the option to attend a one-on-one consultation with the responder. Consultations are confidential opportunities to develop personalized strategies for resiliency. They usually last about fifteen minutes.

- **Location:** [Floyd-Payne Campus Center - Welcome Center Room 125 and Commuter Lounge Room 129](#)
- **Time:** [9:00am – 3:00 pm](#)

ALSO

- **Location:** [Avon Williams Campus – Training Room 1](#)
- **Time:** [9:00am – 3:00 pm](#)

After the group meeting, the responder will be available for one-on-one support, if needed.

The Employee Assistance Program is also available for you 24 hours per day/ 7 days per week. It offers both in the moment support and referrals for counselors in the community. The toll-free number is [\(855\) 437-3486](#).