Human Resources has gathered these resources to help those affected by the tornados.

**Tips for Responding to Children and Youth after Traumatic Events**

Traumatic events, such as natural disasters, can leave children feeling frightened, confused, and insecure. Whether a child has personally experienced trauma, has seen the event on television, or has merely heard it discussed by adults, it is important for parents and educators to be informed and ready to help if stress reactions begin to occur. Review the attached document, “Responding to Children,” for tips in helping children and young people deal with this disaster.

**The Employee Assistance Program (800) 327-7451**

The Employee Assistance Program (EAP) is a university benefit that provides professional assistance to faculty, staff, and family members facing difficult times. There may be feelings of grief, sorrow and depression following the storm. You do not have to go it alone. The EAP program has a 24/7 hotline at (800) 327-7451. It is staffed by behavioral health professionals and offers counseling services to help people deal with the feelings of fear, sadness, anger and hopelessness that can occur following natural disasters. This confidential hotline is provided for free by the university’s EAP provider, Magellan, and is available to anyone directly, or indirectly, affected by the tornado whether or not they work at the university. You can also find resources online at [http://www.magellanhealth.com/our-company/magellan-cares/moore-tornado.aspx](http://www.magellanhealth.com/our-company/magellan-cares/moore-tornado.aspx).

**Medical Insurance: BlueCross BlueShield (800) 942-5837, [http://bcbsok.com/ou/](http://bcbsok.com/ou/)**

If you’ve been affected by the recent tornadoes, you may have lost your medical insurance documents or prescription medications. BlueCross can help you get a replacement ID card, locate an in-network doctor, hospital, or dialysis center, and get early refills of prescription medications.

**Vision Insurance: VSP Vision Care (800) 877-7195**

Broken glasses or lost contacts can make a disaster like these tornadoes even worse. If you’re a VSP member, you can get your glasses or contacts replaced even if you’ve already used your benefit for this year. Call VSP at (800) 877-7195, if you need your benefit reinstated. If you don’t have vision insurance, VSP can still help. Call the American Red Cross at (405) 228-9500 and request a VSP eye care voucher.

**Working with Insurance Companies and Personal Finances after a Disaster**

If you have had property damage to your home or car because of the tornadoes, the attached document, “Working with Insurance Companies after Disaster,” may provide some tips on how to effectively work with your insurance company to file any necessary claims. It also answers questions about handling personal finances like credit cards and mortgages during a natural disaster.

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