



Access caring support in troubled times

Witnessing or hearing about any type of hate-based terrorism, threats of violence, or acts of discrimination against people based on religion, culture, race, gender orientation, disability and more can be deeply traumatic. Currently, while you may be physically far away from the conflict in Israel and Gaza, you may be feeling extreme stress and fear as the devastation and toll of human suffering continues to mount.

Health Advocate is here to support you and your family. We can help locate personalized, confidential help. We've also compiled the resources below to provide you with more information on how to cope with issues relating to hate and discrimination.

Mental health resources

- Discrimination: What it is and how to cope | American Psychological Association <https://www.apa.org/topics/racism-bias-discrimination/types-stress>
- #NotoHate Fact Sheet | United Nations https://www.un.org/sites/un2.un.org/files/notohate_fact_sheets_en.pdf
- Disaster Distress Helpline <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Reach out to Health Advocate

Our compassionate experts are dedicated to helping guide you to the right resources to reach better well-being. We offer help regardless of ethnic or religious background, age, sexual orientation, gender identity or level of special needs.

For parents

- Talking to kids about discrimination | American Psychological Association <https://www.apa.org/topics/racism-bias-discrimination/kids>
- Talking to Children about Hate Crimes and Anti-Semitism | The National Child Traumatic Stress Network (NCTSN) <https://www.nctsn.org/resources/talking-to-children-about-hate-crimes-and-anti-semitism>
- Talking with your Children about Islamophobia and Hate-Based Violence | The National Child Traumatic Stress Network (NCTSN) <https://www.nctsn.org/resources/talking-with-your-children-about-islamophobia-and-hate-based-violence>
- How to Respond to Discrimination and Bias | The Jed Foundation <https://jedfoundation.org/resource/how-to-respond-to-discrimination-and-bias/>



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