

Supporting Coworkers in the Workplace

Whenever people face bereavement, injury or other kinds of trauma, they need to talk about it in order to heal. To talk, they need willing listeners. Though each situation is unique, the most important thing to do is simply be there and listen and show you care.

- Find a private setting where you will not be overheard or interrupted. Arrange things so there are no large objects, such as a desk, between you and the person.
- Keep your comments brief and simple so you do not get the person off track.
- Ask questions that show your interest and encourage the person to keep talking. For example, "What happened next?" or "What was that like?"
- Give verbal and non-verbal messages of caring and support. Facial expressions and body posture go a long way toward showing your interest. Do not hesitate to interject your own feelings as appropriate.
- Let people know that it is OK to cry. Handing over a box of tissues in a matter-of-fact way can help show that tears are normal and appropriate. It is also OK if you get a bit teary yourself.

Here when you need us.

The ComPsych GuidanceResources EAP is a complimentary program that provides confidential assistance to you and your household family members with life issues including emotional support, work-life solutions, legal guidance and financial resources. Our guidance consultants will talk to you about your specific needs and connect you with the appropriate resources and/or counselors.

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