



US BORDER RESTRICTIONS

The world is an uncertain place and we never know when a traumatic event may occur. Knowing how to cope and support yourself and others in a positive way can help make it through a difficult time.

More than 134 million people are now at least temporarily banned from entering the United States under the sweeping executive order signed by President Donald Trump on Friday 27th January aimed at "Protecting the nation from foreign terrorist entry into the United States".

It bans travel from seven majority Muslim countries — Iran, Iraq, Somalia, Syria, Sudan, Libya and Yemen — for 90 days, suspends all refugee admissions for 120 days with "case-by-case" exceptions and suspends entry of Syrian refugees indefinitely.

White House officials briefing reporters have said green card holders who are stranded outside the US will need to meet with a consular officer and seek a case-by-case visa waiver to return home. The requirements to get a waiver remain unclear.

If you or your team has experienced this or any critical or traumatic incident, please contact our team of counsellors available through your Employee Assistance Programme (EAP). This service is available 24/7. You can find your local number to dial on the Livewell site.

Livewell also offers a range of help and advice including relevant articles written by leading experts, and interactive tools to help offer support in difficult times.

[Livewell.optum.com](https://livewell.optum.com)

(Use your company specific Livewell access code to enter)



Critical Incident Support is a service provided by Optum® that offers trauma support in response to an unplanned event. The goal is to help your colleagues and team recover quickly and return to their daily lives and work. The programme can also help reduce the risk of post-traumatic stress.