

Resources during the COVID-19 pandemic



As COVID-19 continues to spread, many people are anxious about the uncertainty of what is happening. This is a reminder that your program is here to help you and your household members by providing compassionate care and resources any time—day or night. It is completely confidential and free to use.



Review the COVID-19 What's Trending article on your program website for tip sheets on preventing compassion fatigue, managing anxiety, financial best practices and more.



Go online to the Learning Center to find articles, videos and webinars on a variety of emotional and physical health and wellness topics.



Call your program and a licensed clinician will ask questions to understand your unique situation and provide you with the best help possible to meet your needs, and those of you household members.



Access Work-Life Services for information on child and elder care, educational resources for children, tips for working remote, budgeting, health and fitness and more.



Clinicians can help you with, or direct you to resources for, a variety of concerns including:

- Feelings of anxiety, stress, depression, isolation and grief
- Marital, parenting or other relationship issues
- Enhancing resilience and staying mindful
- Alcohol or substance misuse
- Child and elder care
- Housing issues

**Your program is here to help.
Give us a call or go online.**



Engage with Digital Cognitive Behavioral Therapy (DCBT) apps:

- FearFighter® for anxiety, panic and phobia
- RESTORE® for sleep difficulty and insomnia
- MoodCalmer® for depression



**Employee Assistance Program
1-800-327-0632**