In This Together

With the EAP, You Don’t Have to Go Through This Alone

## Your daily life has undoubtedly been affected by COVID-19 (commonly known as coronavirus). You may be working from home, sheltering in place with loved ones and absorbing new, stressful information every day. While physical health may be at the front of your mind, you can take advantage of the free and confidential employee assistance program (EAP) to help address your mental and emotional well-being.

# Stay Safe, Sane and Calm

The EAP is designed to address mental or behavioral health issues that affect your quality of life. As we learn to navigate our new normal, new levels of uncertainty and adjusting to living in closer-than-normal quarters with loved ones, turn to the EAP’s many resources, so you can stay safe without compromising your mental health.

# Confidential Counseling

You may be feeling a mix of emotions in response to recent events. While those feelings are valid, that does not mean you have to suffer. You and your family members are eligible for up to XX phone or video sessions per person, per year. All information is confidential and your privacy is protected by law. You can use this time with a counselor to address a wide range of mental and behavioral health problems, including:

* Anxiety
* Depression
* Stress Management

# Financial Advice

Money has consistently ranked as one of the top sources of stress even in the best of times, so now is no exception. If you are anxious about how to best navigate your finances during this pandemic, the EAP can connect you with a financial planner. Your financial planner can help you manage your current finances, any debt and you prepare for the future.

# Online Resources

The EAP website offers articles, quizzes and other tools to help you learn more about your mental health – without having to leave your house. You can find the best ways to improve your mental wellbeing whenever you need.

# Questions?

To take advantage of all the EAP has to offer, go to [URL] or call [XXX-XXXX].