

## EAP Services Update: COVID-19 Virus

EAP Hours of Operation	Our EAP call centers will remain open 24/7 for employees and their household members.
On Demand Webinars	<p>A series of on demand webinars will be placed on the EAP website this week (possibly by EOD 3/19) in the NEWS FOR YOU/COVID 19 section:</p> <ul style="list-style-type: none"> <li>• <i>Talking with your child about COVID – 19</i></li> <li>• <i>The Intersection of Uncertainty and Parenting with COVID – 19</i></li> <li>• <i>Living in Uncertain Times</i></li> <li>• <i>Financial Uncertainty</i></li> <li>• <i>Hand Washing</i></li> <li>• <i>When and Where to get Medical Advice</i></li> </ul>
Upcoming Live Webinar	<p><i>Keep Calm and Carry On: Maintaining your Composure during the COVID-19 Virus</i></p> <p>The EAP will be hosting a live webinar tomorrow (Friday 3/19/20) to provide information on how to better cope with the stress of the current pandemic. Topics covered include:</p> <ul style="list-style-type: none"> <li>• Strategies to tackle feelings of anxiety and stress</li> <li>• Practical techniques for working from home</li> <li>• Ways to address signs of panic in the workplace</li> <li>• When to reach out for further help and support</li> </ul> <p>Click on the link below to register:            Friday, March 20, 11:00am to 12:00pm EST  <a href="https://register.gotowebinar.com/register/4118547762298410765">https://register.gotowebinar.com/register/4118547762298410765</a></p> <p><i>Please note: if registration is closed due to reaching maximum capacity, the webinar will be placed on the EAP website next week.</i></p>
Dependent Care Resources	Employees can do a search for childcare and eldercare providers on the EAP website or by giving a call to the EAP toll-free number and speaking with a childcare/eldercare specialist.
EAP Website	Please check out the “NEWS FOR YOU” area of the website where there is a specific section about COVID – 19 Virus with regularly updated news and links.
Legal and Financial Services	Employees may be faced with specific issues at this time and require the expert consultation of an attorney or financial consultant. These services are available by calling the toll-free number to the EAP.
Live Health Online	EAP sessions remain available through LiveHealth Online. When the employee or household member calls in for services, the EAP specialist will ask if they prefer face to face or web-based counseling services through LHO.
No Interruption to Care	If your employee is currently meeting face to face with an EAP counselor, they have the option of switching to either telephonic or web-based services as long as it’s a secure platform.