



During these uncertain times, We are still **here** for you.

We understand that many of you are facing new challenges in light of the COVID-19 pandemic. Your Employee Assistance Program (EAP) is here to support you 24/7/365. Call or logon to receive confidential assistance around whatever challenges come your way.

- Coping with COVID-19 in the workplace and at home
- Talking to my children about COVID-19
- Coping with stress and anxiety around the pandemic and social distancing
- Coping with anxiety around return to work/school decisions
- Adjusting to the new norm
- Stress management techniques
- Child care/elder care concerns during the pandemic