



# EMPLOYEE WELLNESS RESOURCES

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We live in unprecedented times with this world-wide pandemic. As a result, we can expect to feel many emotions, such as stress, worry, anxiety, and even grief. We are not alone in the struggle. Below are some helpful resources to help us navigate these emotions and find ways to cope.

## [Employee Assistance Program \(EAP\):](#)

- Cigna: 800-538-3543
- [Managing Anxiety: Coronavirus Fears & Concerns](#)

## Crisis Services:

- [Disaster Distress Helpline](#): Call 1-800-985-5990 or text TalkWithUs to 66746
- [National Domestic Violence Hotline](#): Call 1-800-799-7233
- [National Suicide Prevention Lifeline](#): 800-273-8255 or [Chat](#)

## Online resources:

- [CDC: Stress and Coping during COVID-19](#)
- [Anxiety and Depression Association of America \(ADAA\) Online Resource Center](#)
- [Virtual Support Groups](#)
- [American Psychological Association \(APA\) Resource Page](#)

## Articles:

- [It's Ok not to be Ok](#)
- [Coping with Anxiety](#)
- [7 Ways to Manage Stress](#)