

HELP DURING CHALLENGING TIMES

EMPLOYEE ASSISTANCE PROGRAM (EAP)

The coronavirus (COVID-19) is a worldwide pandemic that has disrupted daily life. Stay-at-home or quarantine orders have closed many workplaces, while asking more from those in essential industries. Our goal is to keep you informed and provide tools to strengthen emotional resilience and preparedness for this turbulent time.

EAP INFORMATION & RESOURCES



AVAILABLE 24 HOURS, 7 DAYS A WEEK

Dedicated Phone: 1.800.833.3031
EAP website: www.eaphelplink.com
Company Code: IOWA



COUNSELING & SUPPORT

If you are experiencing increased stress and worry, call for immediate support. We can also provide referrals for an in-person, phone or video session with a highly qualified counselor. You will have access to up to four free and confidential sessions. Available to you 24/7.



ARTICLES & RESOURCES

The KEPRO EAP HelpLink website is continuously being updated with reliable COVID-19 information. This information aims to help you with health concerns, working from home, family and parenting issues, financial tips, help for managers, and much more.



MINDFULNESS 10-MINUTE WEBINARS

When we are trying to work from home, take care of our children, and have worries about how to stay safe and healthy, taking a 10-minute break can help. Visit www.eaphelplink.com, go to **News for You**, then **Covid-19 Information**, and click **Emotional Health**. Here you can visit the **Aware Mindfulness Channel** to help you re-center and lessen anxiety.



LEGAL SERVICES

Legal concerns can be stressful, costly and often result in lost work time. Reach out to KEPRO for a referral to have a free 30-minute consultation with a lawyer on non-work related issues. You will also have access to a 25% discount for additional services. Additional general legal information and forms, including a simple will, can be found at www.eaphelplink.com under the **Living** tab.



FINANCIAL SERVICES

Sometimes we don't know where to start when we are having financial issues, or just have questions. Reach out to KEPRO to get a free 30-minute phone consultation with a financial expert. Additional information on budgeting, debt management, and getting ready for retirement can be found at www.eaphelplink.com under the **Living** tab.



ELDERCARE SUPPORT & RESOURCES

If you are worried about an older family member or friend, our eldercare specialists are available 24/7 to provide support and resources, regardless of geographic location. We can help provide guidance on Medicare, Medicaid, home health services, community resource and much more.



CHILDCARE SUPPORT & RESOURCES

Are you looking to adopt, have a baby, or need childcare resources for a special needs child? We can help. Reach out to KEPRO and ask to talk to our childcare specialists. Available to you 24/7.