



# Employee Assistance Program

## COVID-19 Pandemic – Your EAP is Here to Help

### What services are available through the EAP to help members who have concerns related to COVID-19?

Your EAP offers a variety of services that may be helpful during this time. These services include the following:

- Counseling to address increased anxiety or stress related to the virus.
- Online resources via <http://www.eaphelplink.com> that provide information related to emotional resiliency, coping with crisis, dealing with stress, relaxation techniques, and healthy living tips to optimize immune strength.
- Online training via <http://www.eaphelplink.com> to help identify and acknowledge emotions you may be experiencing specific to the Coronavirus pandemic titled “Building Psychological Immunity during the Coronavirus Outbreak” and “Keep Calm and Carry On - Maintaining Your Composure Amidst the Pandemic Panic”. Additional trainings related to stress, anxiety and resilience are also available within the website by using a key word search of these topics.
- Dependent Care Services – Your EAP provides resources related to child and adult care services. If you need back up child care or caregiving resources, we can help find services within your local communities.
- Financial Services – Receive a 30-minute free phone consultation with a qualified financial consultant to discuss budgeting, debt and credit management, or receive general investment guidance and much more.
- Legal Services – Receive a 30-minute free phone consultation to discuss basic legal questions and simplify the process for obtaining legal help with a variety of legal concerns such as estate planning, power of attorney designation, will preparation and medical care directives.

### I know the EAP provides counseling visits, but I am worried about being out in public places. Can the counseling be delivered via video or the phone, so I do not have to go to the counselor’s office?

- Yes. Your EAP offers counseling in multiple formats including in person, video and telephonic. When you call the EAP, you can let us know if you prefer counseling via video or phone, and we can assist you in arranging an appointment in that manner.

### How do I contact the EAP?

- You can contact the EAP 24 hours a day 7 days a week via the toll-free number.
- You may also access the website 24 hours a day for resources and support by going to <http://www.eaphelplink.com> and using your company code.



[www.EAPhelplink.com](http://www.EAPhelplink.com)



Company Code: IOWA



1.800.833.3031

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