

Addressing the Mental Health Impacts of the Coronavirus Disease (COVID-19)

In times of uncertainty, such as we are currently experiencing with the coronavirus, there are often many questions and concerns about what is happening and how it will impact you and your loved ones. These situations can often lead to heightened feelings of stress and anxiety. One of the best things you can do to calm fears and protect yourself and those around you is arming yourself with accurate information. Here are some resources from trustworthy organizations that provide details on the coronavirus and how to address it.

Your Employee Assistance Program (EAP)

Remember that your Employee Assistance Program (EAP) is available to help employees, dependents, and their immediate household members navigate the emotional aspects of a public health situation. Increased anxiety and stress are common reactions for many people. If you are experiencing mental health challenges associated with the coronavirus, call us to talk with a counselor. Our phone number is 1-800-222-8590.

INFORMATIONAL RESOURCES:

[*Coronavirus Disease 2019 \(COVID-19\)*](#), Centers for Disease Control and Prevention

[*What you need to know about coronavirus disease 2019 \(COVID-19\)*](#), Centers for Disease Control and Prevention

[*What to do if you are sick with coronavirus disease 2019 \(COVID-19\)*](#), Centers for Disease Control and Prevention

[*Coronavirus Anxiety—Helpful Expert Tips and Resources*](#), Anxiety and Depression Association of America

[*Interim Guidance for Businesses and Employers*](#), Centers for Disease Control and Prevention

[*Coronavirus disease \(COVID-19\) outbreak*](#), World Health Organization

[*COVID-19*](#), United States Department of Labor—Occupational Safety and Health Administration



At this time, ERC's offices will remain open. We will continue to monitor the status of the coronavirus and will inform you if there are any changes that impact our mental health services. The safety and wellbeing of our clients, counselors, and staff is important to us, as well as our commitment to providing clients with mental health care. If you have questions, please contact us at 1-800-222-8590.