



Coronavirus

Support through Video Counseling

With the Coronavirus (COVID-19) and social distancing making it more difficult to meet face-to-face, we're here to make it easier. Connect with an EAP professional through video counseling. Video counseling provides the same experience as face-to-face while in the comfort of your own home.

Here is how it works:

1. Call in to the 800-EAP-4YOU (800-327-4968) and speak with a Customer Service Associate (CSA).
2. The CSA will connect you with your local EAP staff member.
3. We will set up a Skype meeting for the both of you to join at the given time.
4. Counseling will proceed in the same manner as an "in person" session.

There are several different topics that can be addressed such as:

- Stress related to COVID-19
- Problem solving
- Parenting issues
- Emotional Support
- Psycho-education
- Motivation for changing/modifying behavior
- Behavioral coaching
- Job performance/satisfaction

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at EAP4YOU.com, through video, live chat or text message. Reach out to learn more about the many ways you can receive support from your Employee Assistance Program.

This is an emerging, rapidly evolving situation. For the latest information visit CDC.gov.