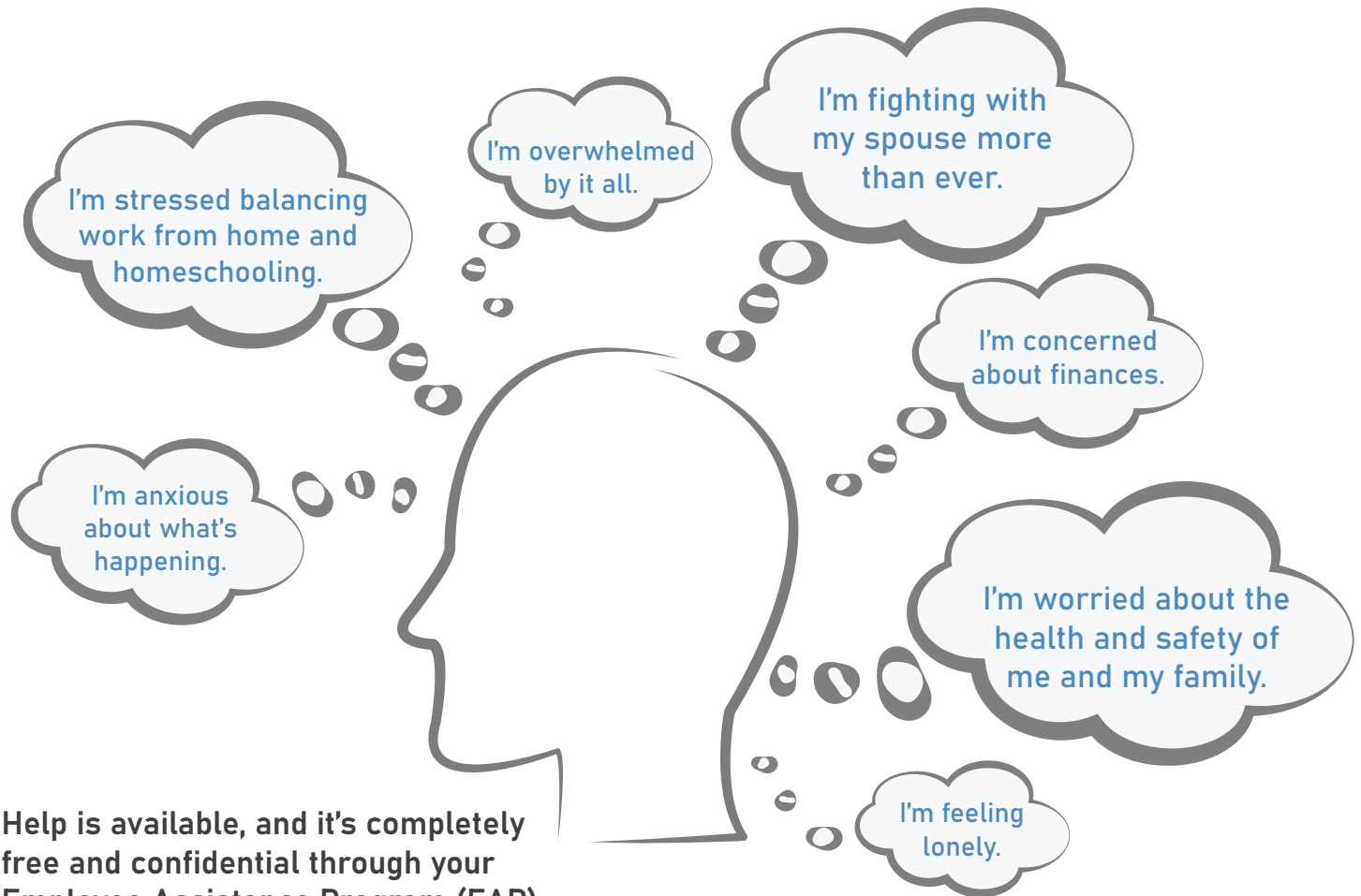


COVID-19 is Wreaking Havoc on Our Mental Health and Well-being



How to Use Your Employee Assistance Program

1. Recognize an Issue

We assist people with a variety of concerns, such as marriage/couple issues, parenting, stress & anxiety, depression, grief, family dynamics, and much more.

2. Schedule an Appointment

If you are struggling with an issue, call ERC at **1-800-222-8590** to make an appointment with a counselor. Your free and confidential EAP benefit can include telephonic and/or video counseling sessions.

3. Talk with a Counselor

During your counseling sessions, your counselor and you will talk about your concerns and develop an ongoing plan for meeting your mental health goals.