With the turmoil and difficulty of these past few weeks, on top of the stress and anxiety of COVID-19, we want to remind you of the mental health resources available to your organization through your ERC Employee Assistance Program (EAP).

* Counseling sessions for employees and their families are accessible via telephone, video, and/or face-to-face depending on location. Appointments are *offered* within 72 hours of scheduling.
* 24/7 Support Line is available for employees and their families who need immediate mental health support from qualified master’s-level counselors.
* Leaders Hotline open for company supervisors, managers, and leaders to consult with our mental health professionals on how to handle difficult employee issues or concerns.
* Critical Incident Response (CIR), which can include onsite counselor support and debriefings, available for organizations and their employees following traumatic or difficult situations. Additional fees may apply.

All our services can be accessed by calling our main phone number at 1-800-222-8590. An informational guide detailing how to use the EAP has been attached for employees, as well as a list of additional resources below. We encourage you to remind your employees of the EAP and provide resources as you see fit. If there is anything that we can do to further support your organization, please reach out.

**Additional Resources:**

* [*Coping with Traumatic Events* (National Institute of Mental Health-NIH)](https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml)
* [*Coping with Grief After a Disaster or Traumatic Event* (Substance Abuse and Mental Health Services Administration–SAMHSA)](https://store.samhsa.gov/product/Tips-for-Survivors-/SMA17-5035)
* [*Tips for Parents and Caregivers on Media Coverage of Traumatic Events* (The National Child Traumatic Stress Network-NCTSN)](https://www.nctsn.org/resources/tips-parents-and-caregivers-media-coverage-traumatic-events)
* [*Dealing with Anxiety and Depression Among Pandemic, Racial Tensions, Civil Unrest* (CBS Chicago)](https://chicago.cbslocal.com/2020/06/03/dealing-with-anxiety-and-depression-among-pandemic-racial-tensions-civil-unrest/)
* [*How to Cope with Traumatic Stress* (American Psychological Association](https://www.apa.org/topics/traumatic-stress))
* [*ERC COVID-19 Response and Resources* (ERC: Counselors & Consults)](http://ercincorp.com/covid-19-response-resources/)