

# LifeSolutions

## Providing Support During Uncertainty of COVID-19



**The outbreak of 2019 novel coronavirus (COVID-19) - a new virus that causes respiratory illness and can spread easily and rapidly from person-to-person – is understandably stressful for people, their workplaces and our communities. LifeSolutions EAP is here to help.**

We hear many suggestions for taking the best care of our physical health during these times, but it is equally important to care for our mental and emotional health. Consider these suggestions for taking the best possible care of yourself, your loved ones and your colleagues while we all face this crisis together:

- **Don't judge yourself for your reaction to this situation.** People under stress display a wide range of emotions, and your response may be different than others. There is no 'right' way to respond to a crisis, and any initial feelings of helplessness or distress are normal and not indicative of a failure to endure or even thrive.
- **Fear and uncertainty are common during a pandemic.** Be mindful of what you watch, listen to, and ultimately believe. Verify any information through trusted sources, such as your employer, your EAP, as well as state and federal government sites. Take breaks from the news and make time for things you enjoy doing, such as reading a book or playing a game with your family.
- **Take care of yourself**—get enough rest, eat healthy meals, exercise, and spend time outdoors while avoiding gathering places or crowds. Avoid unhealthy coping strategies like excessive sleep or alcohol.
- **Stay engaged** – even if it must be virtually - with your family, friends, colleagues and community. Be honest with them about your feelings and how they can help. Don't allow social distancing to grow into emotional distancing; we need each other now more than ever.

If you're concerned that you aren't dealing well with this crisis, or if you feel unable to handle the recent changes in your life, LifeSolutions is here to help. Call us at **1-844-833-0527 (TTY: 711)** for support at any point during this COVID-19 outbreak. While restrictions may not allow us to provide on-site support as we often do during disruptive events, we are available to provide telephonic crisis support for a group or for individuals. We can also provide telephonic or video counseling to assist you through these trying times.

### LifeSolutions is here to help

You can access a wealth of information on our website at **[www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com)**. Ask your human resources representative or call us for your company code. Our goal is to help you and your workplaces emerge from this crisis better and stronger than ever.

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### Other helpful resources include:

**Centers for Disease Control and Prevention (CDC):**  
[www.cdc.gov](http://www.cdc.gov)

**Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Hotline:**  
1-800-985-5990 or text TalkWithUs to 66746