

YOUR EMPLOYEE ASSISTANCE PROGRAM

Recent news stories about the spread of the Coronavirus Dease 2019 (COVID-19) is causing many people to feel worried and upset. Fear and anxiety are common and understandable responses, however, if you feel that it is starting to hinder your daily life, it is important to reach out for help.

Your Employee Assistance Program provides **confidential** and **free** services including:

* Short-term Solution Focused Counseling
* Educational Resources & Referrals
* Crisis Intervention
* 24/7 Assistance

is

**Always available. Always confidential.**

toll-free: **800-624-2593**

E-mail: **info@nationaleap.com**

Website: **www.nationaleap.com**

USERNAME: **Your** **Company Name**

PASSWORD: **Your Company Name**

*Coping with Stress During Infectious Disease Outbreaks*

