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Coronavirus Update and Guidance #3

CP

Corrie Prasek

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Greetings All – Staff:

I was just thinking about how important self-care is. We all need to take care of our own well-being in order to remain healthy and help our community.

We would like to take a moment to let you know that Wellspring EAP is supporting organizations, employees and families in a number of ways in response to COVID-19. Here's a message from Wellspring EAP outlining their information and support available to all our staff:

- We have published a wealth of resources on our website that include practical information on managing and preventing illness, as well as guidance for managing stress during this anxiety provoking time.
- We are allowing and encouraging our network of counselors that typically deliver face to face therapy to use HIPAA compliant video and telephonic options as an alternative, for current and new clients.
- We are offering digital behavioral health to all clients, making text-based, video, and telephonic counseling available. This offering is ahead of our official rollout schedule targeted for the second quarter of this year, and information on the launch and promotion of this benefit is forthcoming.
- We are planning to maintain our level of care in the event our team needs to work remotely and have coordinated efforts with our vendors, as well.
- We can provide in-the-moment emotional support 24/7, for any employees or family members that may just want to spend a few minutes talking about the situation and develop a plan for self-care and coping. This is especially useful for someone that may not want or need ongoing therapy, but needs a little extra support during this uncertain time.
- We can provide consultation to HR and managers, as needed, in regard to promoting the benefit and supporting employees.

We will continue to monitor the rapidly changing situation and make adjustments and provide updates as needed. Please remember to take good care of yourselves, also. Our staff often carry the burden of caring for and responding to the community, so that's an extra layer of stress, unique to the role and this time. If you need anything at all, please don't hesitate to get in touch.

All Hopelink employees have access to free, confidential 24-hour stress support through our EAP program: www.wellspringeap.org, password, HOPELINK

Coronavirus Response Team

Corrie Prasek

Safety and Risk Manager