

# IMPACT Employee Assistance Program

## Mental Health & Coping with COVID-19



**Fear and anxiety** about the outbreak of the coronavirus disease (COVID-19) can be overwhelming and cause strong emotions in adults and children.

The onslaught of news, information and misinformation can be very stressful for those with excellent coping and resiliency skills and can also be debilitating for those with pre-existing mental health concerns.

## How Your IMPACT Program Can Help

### 24/7 In the Moment Phone Support

Immediate access to a licensed mental health professional offers you peace of mind that there is always someone to talk to when you are experiencing heightened anxiety, depression, difficulty attending to daily activities, trouble sleeping, and other emotional concerns.

### Online Counseling Sessions

Online counseling (defined as live scheduled video, phone, text and chat sessions) is a convenient way to utilize your counseling sessions without leaving the safety and security of your home. Average time from initial request for service to getting help from an online counselor is typically within 24 hours.

### IMPACT on the Web

Your IMPACT website is an excellent way to access vetted, up-to-date information on COVID-19 AND a variety of other tools to help with anxiety, depression, resiliency and other issues you may be dealing with.

### Telephonic Coaching with an Eldercare Specialist

According to the CDC, older adults and those individuals with chronic medical conditions are at higher risk for COVID-19. This can create heightened anxiety and worry for caregivers and their elderly loved ones. You can connect with an Eldercare Specialist for support and guidance on how to best prepare and protect your loved one during this challenging time.

### Financial Counseling

Has COVID-19 caused you financial stress? You can now schedule a video conference with a financial consultant to help guide you through this challenging time.

Visit us on the web at [www.MyImpactSolution.com](http://www.MyImpactSolution.com) for more great resources.

Forgot your username? Give us a call at 800-227-6007.