



EMPLOYEE ASSISTANCE PROGRAM (EAP) | COPING WITH COVID-19

CONNECT WITH YOUR EAP

Your EAP understands that almost everyone faces an overwhelming personal problem at some time. You and your family members have access to a trusted professional resource that is available 7 days a week—24 hours a day that can connect you with counseling support, resources, and information to address everyday common life challenges. Simply call 1-800-866-8344 and let our confidential EAP support staff help you get started.

EMPLOYEE BENEFITS

- Confidential assistance and support with personal or work-related problems that negatively impact job performance, health, mental or emotional well-being.
Examples: stress, relationship issues, child and elder care, depression, alcohol and drug abuse, career concerns, family issues, and more.
- Personal counseling referrals with a qualified counselor conveniently located near work or home.
- Financial and legal assistance.
- Work-life balance resources to assist you with living a healthier and happier life at home and at work.
- It's Free—It's Confidential—It Works!

COPING WITH COVID-19

We all react differently to stressful situations. The fear and anxiety concerning the outbreak of COVID-19 is overwhelming and can cause strong emotions in everyone. According to the Centers for Disease Control and Prevention (CDC), some common signs of stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

If you or one of your family members is experiencing overwhelming emotions of anxiety and isolation, your EAP is standing by ready to assist in any way we can.

Find everything you need to know about COVID-19 at [coronavirus.com](https://www.coronavirus.com).

In order to better serve and meet the growing needs of our valued EAP clients during these challenging times, Wellness 2000 has implemented telephonic and on-line counseling services to accommodate the in-person restrictions currently in place across the country. Please contact us to schedule counseling, consultations, or to obtain more information.

24/7 ASSISTANCE

800-866-8344

eap@wellness2000.com



Corporate Wellness • Health Risk Management • Employee Assistance

8AM-5PM, MON-THU

501-753-1616

Lakewood Behavioral Health, N. Little Rock, AR

901-268-1633

Debbie Harrison, Counselor

FINANCIAL EMPLOYEE ASSISTANCE PROGRAM (EAP)

Dr. Mary Ann Campbell, CFP® (Dr. MAC), is a certified financial planner and personal finance educator.

Contact Dr. Mac to find out how she can help.

501-993-6644 or **mac@moneymagic.com**

Eligibility: All employees and eligible family members. Eligible family member is anyone eligible to be covered on the company medical insurance. Please tell counselor you are a PBSGC, Pine Bluff Materials or Jeffrey Sand employee.