

Coping with COVID's Challenges and Changes Employee Toolkit



First and foremost, please remember that we will get through this together!

EAP is currently offering teletherapy via phone or secure video conferencing for all employees and their family members. Please give us a call or email us to schedule an appointment, to get resource information, or just to talk.

315-471-1361 or 800-EAP-8764 Email: eap@ocmboces.org

We have compiled the following list of resources that we hope you will find useful. Again, if you have any questions about the resources listed or are looking for something not on the list, please give us a call and we will do our best to help.

Web resources and National Hotlines:

Hotlines

- [Domestic Violence Hotline](#) National Domestic Violence Hotline for any victims and survivors who need support 24/7. If you're unable to speak safely, you can log onto the website or text LOVEIS to 22522. To speak with someone directly, call 1-800-799-7233.
- [Disaster Distress Helpline](#) The Disaster Distress Helpline is a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Call [1-800-985-5990](tel:1-800-985-5990) or text TalkWithUs to 66746 to connect with a trained crisis counselor.
- [National Eating Disorders Association](#) NEDA offers a variety of resources including virtual support groups, access to information, and their new NEDA Connections series. Each day, they connect with individuals via video for 10-20 minute check-ins, resources, activities, and presentations. You can also call, text or chat. For crisis situations, text "NEDA" to 741741 or call their ED specific Helpline at 800-931-2237.
- [Suicide Prevention Lifeline](#) Website has information on suicide prevention and intervention and an online chat feature. The Lifeline (800) 273-TALK (8255) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

Health Guidance

The following websites provide information about spread of the virus and measures to take:

- [Centers for Disease Control Coronavirus 2019](#) (CDC.gov)
- [World Health Organization Coronavirus Disease Outbreak](#) (who.int)
- [NYS Coronavirus Information](#) Get the latest updated information regarding COVID 19 and NYS policies, mandates, and benefits.

Mental/Emotional Health

- [Daily Positive Message](#) Sign up to receive a daily encouraging message.
- [Insight Timer](#) Content includes the largest free library of guided meditations (over 40k), lectures and podcasts with new content added daily. Topics include coping with anxiety; managing stress; improving sleep; music for relaxation, concentration and sleep; content for children and teens.
- [Grief.com](#) Many free resources and helpful information from a leading expert on grief. Free grief video [Healing the 5 Areas of Grief](#). (Approximately 35 minutes). Links to David Kessler's free Facebook group [Grief: Releasing Pain, Remembering Love & Finding Meaning](#) which hosts 2 live sessions daily with special guest speakers during the evening sessions.
- [Headspace](#) Headspace is offering free content in their tab [Weathering the Storm](#) which is available to anyone. In addition, they are offering an expanded list of content to educators who sign up via the Headspace for Educators link [Headspace for Educators](#) . Content includes meditations, sleep, and movement exercises articles and more.
- [Stay Home Take Care](#) Activities, recommendations, and ideas to help you stay in and take care of yourself and others. Updated daily. Topics include: I want to...feel comforted, to be entertained, to entertain my kids, to connect with others, to help others, to take care of myself.
- [Strategies to Stay Positive](#) Bestselling author Jon Gordon shares strategies to stay positive through challenges and change in this free webinar. (Approx 40 minutes)

Online Recovery Resources/Meetings

- [12 Step.org](#) Website includes information about the 12 Steps of recovery, assessment tools, online meetings calendar broken down by topic and format (video, chat, phone), and other helpful resources for those in recovery or considering the 12 step format.
- [In the Rooms](#) In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. They offer multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.

Caregiving resources

- [CNY Alzheimer's Association](#) This website provides tips for caregivers, online support groups, online education programs and individual care consultations. Covers Onondaga and surrounding counties.

Physical Health

- [Yoga With Adriene](#) Access to free yoga videos ranging from 5 minutes to 1 hour (most in 20 minute range). Appropriate for beginners to advanced users and several options for kids and teens as well.
- [Fitness Blender](#) Free workout videos including cardio, toning, pilates, strength training, plyometrics, barre, flexibility, yoga and mindfulness. Can sort workout options by duration, level of difficulty, calorie burn, training type, etc.

Financial Help and Information

- [Clearpoint Credit Counseling Services](#) Credit counseling and debt management services, interactive tools and calculators, free online courses on financial topics (Clearpoint U). You can also call 800-750-2227 to talk with a financial counselor. Not-for-profit agency.
- [Federal Student Aid Corona Virus Info](#) Information on CARES Act for Federal Student Aid; Coronavirus and forbearance info for students, borrowers, and parents.
- [Health Insurance via NYS of Health](#) New Yorkers without health insurance can apply through NY State of Health through May 15, 2020; must apply within 60 days of losing coverage.
- [Humane Society](#) Lists resources available to help with vet expenses, food and other expenses for your pet. Can search by topic and/or state for the most applicable information.
- [NYS Dept of Financial Services](#) Corona Virus information for consumers and small businesses. The link addresses telehealth & health insurance, mortgages & rent, business interruption, travel insurance, banking & credit cards, scams & fraud among other concerns.
- [NYS Unemployment Page](#) NY website for filing for unemployment. FAQ's also address eligibility, how to file, benefits, etc.
- [Social Security Administration](#) Information regarding monthly benefits and other financial help.

KIDS & COVID-19

- [Coronavirus-Clear Answers for All Kids](#) The authors of the award-winning I Have a Question book series have provided this e-book free of charge.
- [COVID 19 Comic for Teens](#) The National Association of Social Workers (NASW) have this comic available for download.

Articles:

- [10 Self-Compassion Practices to Help You Cope with the Coronavirus Pandemic](#)
- [ADHD Brains Working at Home: A Beginner's Guide to Telecommuting](#)
- [Coping With Anxiety and Depression During the Coronavirus Pandemic](#)
- [Learning at Home: Sample Schedule & Resources for Elementary School Students with ADHD](#)
- [Managing Anxiety in an Anxiety-Provoking Situation](#)
- [Parent/Caregiver Guide to Helping Families Cope](#)
- [Pediatricians on Balancing Screen Time, Sleep, and Family During Coronavirus](#)
- [Protect Your Family's Mental Health During the COVID-19 Pandemic](#)
- [Staying Mentally Healthy During a Pandemic](#)