

# COVID-19 ERA SELF-CARE

Dear Ensign-Affiliated Employees,

With all that is currently happening in the world, we understand there are many who are struggling with fear, anxiety, and stress. The Benefits/HR Team has compiled some resources for you to help you during this time. Below are some links to specific resources depending on your needs. Please take a moment to take care.

## TALK TO SOMEONE

Our Employee Assistance Program (EAP) is a FREE Confidential employee counseling and resource program available to all Ensign-affiliated employees and immediate family members at no cost, regardless of other benefits enrollment.

[\*\*\*FREE Employee Assistance Program \(EAP\)\*\*\*](#)

[\*\*\*Teladoc Mental Health Resource\*\*\*](#)

## PSYCHOLOGICAL IMPACT OF COVID-19

Many of the health stressors being experienced today seem heavier and more painful as they are shared globally. The economic impact of the pandemic can magnify fear. The links below provide expert insights and awareness to help deal with the incremental psychological effects of this global health emergency.

[\*\*\*COVID-19 Resources for Managing Stress\*\*\*](#)

[\*\*\*Managing Stress Associated with the COVID-19 Virus Outbreak\*\*\*](#)

## DOMESTIC ABUSE/INTIMATE PARTNER VIOLENCE

[\*\*\*COVID-19 Resources for Managing Stress\*\*\*](#)

[\*\*\*Domestic Violence Support\*\*\*](#)

## ALCOHOL AND ADDICTION COMPLICATIONS

Those who struggle with addiction are especially vulnerable during stressful events. The resources and routines which they rely on to avoid their addictions have been disrupted. For those who did not have challenges previously, they too are dealing with enormous change to their routines. New and unique stresses, in concert with being quarantined at home, can bring new challenges and temptations. The Ensign Services Health Plans support addiction and rehabilitation treatments. Please contact Collective Health for more information on treatment options by calling (833) 743-3221 or emailing [caresupport@collectivehealth.com](mailto:caresupport@collectivehealth.com). The following articles provide awareness, protective ideas, and resources for these challenges.

[\*Virtual Support Meetings\*](#)

[\*Rethinking Drinking\*](#)

[\*Battling Alcoholism during COVID-19\*](#)

## COPING WITH GRIEF

Grief and loss take on many different forms in the wake of the pandemic. Loss of life, protecting loved ones, the canceling of major events like weddings or travel plans, and dealing with the uncertain future, on top of caring for yourself and coworkers is a lot to handle. Explore the resources below to help lift the weight of grief and loss off your shoulders.

[\*That Discomfort You're Feeling is Grief\*](#)

[\*About Grief Videos\*](#)

[\*Virtual Grieving Support Groups\*](#)

[\*Coping with Grief during COVID-19\*](#)

[\*Good Grief Resources, Webinars, and Podcasts\*](#)

## IF YOU ARE A MANAGER

We have also uploaded useful PDFs for managers to either print out and hand to employees or post within facilities on the Ensign Services Benefits Portal Page under "Printable Promotional Communications." The Benefits Department is always here as a Resource as well. Please let the Benefits Department know if you have any suggestions or questions to better serve you during this time. Feel free to email us at [benefits@ensignservices.net](mailto:benefits@ensignservices.net) or call (877) 352-8104.