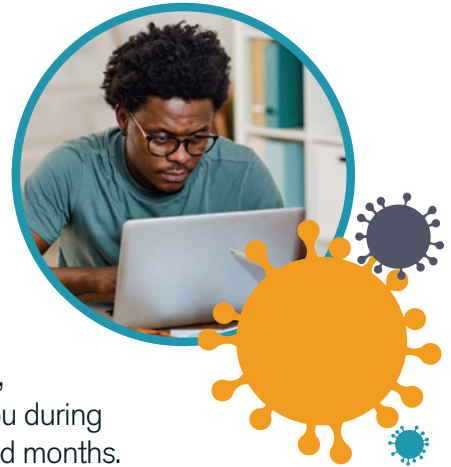




COVID-19: Resources available on your EAP+WorkLife Site!



Log on to access the many resources available such as articles, webinars, handouts, and breaking news. Remember, your EAP is here to support you during this difficult time, so look for additional resources in the coming weeks and months.

Log onto your member website and click on "Access Your EAP Benefits" to access these EAP+Work/Life resources.

www.unum.com/lifebalance

HealthAdvocate SEARCH

Employee Assistance | Work/Life Services

News Alert
Continually updated, special section providing links to breaking news (CDC, WHO, etc), articles, webinars, PDFs, and more!

Putting Yourself First

Need help? Call a counselor today.

NEWS ALERT Coronavirus COVID-19 Pandemic Resources

SPECIAL WEBINARS
COVID-19 Facts, Information, Emotional Impact with Dr. Ellen Contente (49 minutes)
COVID-19: The Psychological Effects with Bert Alicea, Licensed Psychologist and EVP of Health Advocate's EAP/SAP+Work/Life division (15 minutes)

Featured this month: Respect in the Workplace

Webinar: How to Have a Respectful Workplace

Communication Tips

More Resources

Coronavirus (COVID-19): Resources
Educational and Developmental online resources to assist during the Coronavirus Pandemic.
LEARN MORE

Coronavirus (COVID-19) Resource Tile
Quick access to:
Emotional Wellbeing

- Support Links (Financial/Employment; Working Remotely; Supporting Children; Older Adults & Caregivers; Military Personnel, etc.)
- Webinars
- Handouts

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