COVID-19 Resources

COVID-19 response is bringing a lot of changes to our lives, including stress and anxiety. We've put together these resources to help you cope during this challenging time.

National resources

- Centers For Disease Control and Prevention (CDC) website
- Resources For Living COVID-19 resources
- Resources For Living caregiver resources

Managing anxiety and stress

- Managing COVID-19 anxiety and stress webinar | Transcript | Transcripción en Español
- Ways to keep CALM webinar | Transcript | Transcripción en Español
- Ways to stay CALM infographic
- Coping with coronavirus fears | En Español

We've put together this toolkit to help support you with issues around COVID-19.

You can call your EAP/Resources For Living (RFL) phone number 24/7 for support.

Or if you don’t have RFL, you can call us at 1-833-327-2386.
• **Coping with COVID-19 for medical staff**

**For parents and children**

• **Helping children cope with COVID-19 | Transcript | Transcripción en Español**

• **You can be a Health Hero! (video for children ages 5-10) | Transcript | Transcripción en Español**

• **Things to do with your kids while you’re home together**

**Spending time at home**

• **Feeling lonely? You’re not alone**

• **Things to do while staying at home infographic**

• **Ways to stay connected without leaving your home**

**Remote work**

• **Adjusting to remote work**

• **Managing a remote team**

**Self-paced online support**

You've also got access to myStrength™ to learn strategies for coping with heightened stress, keeping your relationships strong, practicing mindfulness and more. Simply click on Services > myStrength on your member website to get started.

And remember, you can call us 24/7 for support with personal issues, including those related to COVID-19.