

Hello,

As you see rising COVID19 numbers in the news, no doubt your concern level is also rising. Hearing “pandemic” used to describe an infection that has entered our state can be scary. Uncertainty and anxiety are valid feelings for many people.

If you would like assistance working through this difficult time, EAC (Employer Assistance Center) is a free, confidential resource for our employees. EAC provides virtual or in-person sessions with a counselor. This is open to any topic, and EAC may be able to help with other referral resources.

Examples of what EAC counselors can help with related to our current state (not an all-inclusive list)

- Worried about mine or my family’s health status
- Not sure how to feed my family
- Financial concerns
- Stressed about babysitting resources
- Need help planning for supplies over the next several weeks
- General anxiety concerns

EAC can confidentially be reached at 1.800.227.0905 or email info@eaccares.com.

Best regards,

Human Resources