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## HUMAN RESOURCES UPDATE 4/22/20

See below from our EAP –

I hope everyone is healthy and doing well and that these kind of things are helpful. Donna

During this difficult time, we have created a **COVID-19 Resource Center** to help you and your family members.

Simply go to <u>www.theEAP.com/TotalCare-EAP</u> and click on the employee and family login. Once you register or login, click on the red and white Coronavirus (COVID-19) link. You will find hundreds of videos, articles, webinars and trainings to help you. Just some of the resources include Coronavirus prevention, help with children at home, caring for elderly relatives, family members working from home, financial issues and much more. And we're updating the Resource Center each week with new information. So please take the time to logon.

As always, we're here to help you. And if you are feeling overwhelmed at this stressful time, remember your EAP is just a phone call away. Simply call, 800-252-4555. You'll connect directly with a professional counselor who is ready to provide in-the-moment counseling and support.