



# Seek Support In the Midst of COVID-19

The COVID-19 pandemic has created high levels of stress and anxiety. Social media and the constant stream of news and information, as well as the social and economic impacts on daily life can take a toll on your mental health and well being.

Your VITAL WorkLife Employee Assistance Program (EAP) can help by providing support for you and your family members. Here are some scenarios you might be currently experiencing because of COVID-19.

1 I'm feeling anxious and worried about the future

2 I'm struggling to stay positive and feel it's only getting worse

3 I don't have enough money for rent and I don't know what I'm going to do

4 My dad tested positive for COVID-19, I can't visit him in the hospital and he wants to make sure his estate is in order

5 I've been feeling lonely and isolated being stuck at home by myself

6 I'm having a hard time staying focused working from home; I have tons of thoughts running through my head and it's hard to concentrate

7 My elderly parents are at home alone and I'm really worried about their health and mental state

8 My spouse was laid off and we need help budgeting

9 My child's daycare is closed and I'm overwhelmed with parenting and working from home

10 I'm struggling to explain to my children why they have to stay home and can't see their friends

11 As a supervisor I don't know how to support my employees and organization working remotely

12 I feel so disconnected from my family and coworkers now that we're all at home

13 I've been spending a lot of time and money online shopping while stuck at home, and now I'm worried if I can pay off my credit card bill

14 My mom lives in a nursing home and COVID-19 has been reported there. I can't go see her and I have to make the decision if I want to bring her home or not

15 It feels like our family is all on top of each other and I don't know how much more I can take

16 My partner and I are home together and have been getting into a lot of fights

17 I can't stop reading the news and it's making me feel very fearful

18 I'm bored, find myself eating a lot more, and I need some self-control and new activities to keep myself busy

19 My landlord isn't disinfecting common spaces in our apartment and all I can do is think about the virus on

20 I have to go into work and I'm feeling really worn down and scared I might get COVID-19

## With Your VITAL Worklife EAP, You Have Access To:

- In-the-moment telephonic support, available 24/7
- Telehealth counseling available by phone or video
- Telephonic legal and financial consultations and resources
- Telephonic Nurse and Educator Peer Coaching
- Telephonic Life, Career and Performance/Skills Coaching
- VITAL WorkLife App—connect with your resources, take assessments to evaluate well being, access Insights, videos and more
- Member website with extensive work and life resources
- COVID-19 Resources available at: [info.VITALWorkLife.com/covid-19-resources](https://info.VITALWorkLife.com/covid-19-resources)

*Need help navigating through this challenging time?*

Get support from VITAL WorkLife at **800.383.1908** or through the **VITAL WorkLife App**

**Username:**

**Password:**