

Seek Support In the Midst of COVID-19

Fear, grief, guilt, stress and pain—are some of the many emotions you may be feeling during this COVID-19 pandemic. We understand the horrific events you may be experiencing day-in and day-out and have resources to support you during this extremely difficult time.

Your VITAL WorkLife Well Being Resources can help by providing much-needed support for you and your family members. We provide emotional support, an outlet for you to decompress, care and compassion for stress and resources to help improve work/life balance. If you are experiencing any of the following situations, or something similar, please contact us.

- 1 I feel so bad for patients I can't help and family members who cannot be there for them
- 2 The hospital feels so chaotic, it's putting me on edge
- 3 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 agonizing decision if I want to bring her home or not
- 4 I'm almost at my breaking point and I need to know how much longer this is going to continue
- 5 I've recently come out of retirement to help and I am having difficulties adjusting and adapting to the technology and pace
- 6 I'm so exhausted; it's impacting my mood at work and at home
- 7 Multiple patients died from COVID-19 today. I don't know how to process everything that's going on and I can't stop crying
- 8 I've been redeployed to another department where I may have more exposure risk—and I don't want to do it
- 9 I'm feeling an overwhelming amount of grief
- 10 At this point, I'm not willing to come into work
- 11 Wearing a mask, goggles and full protective gear, I'm missing making real connections with my patients
- 12 My mechanic closed their shop and I don't know who else is still open
- 13 My spouse and I are both healthcare providers and we don't have any time to do basic errands like getting gas or cleaning the house
- 14 I've been furloughed or asked to reduce my hours and have huge amounts of debt I need to pay

15 I have to self-quarantine from my family, and I miss them so much

- 16 I'm looking for options for grocery delivery in my area
- 17 I'm expecting a baby any day now. I am nervous about exposing our newborn during delivery and I'm upset no family members will be able to see him/her

18 I'm worried about my exposure to COVID-19 and bringing it home to my family

- 19 My dad tested positive for COVID-19 and he wants to make sure his estate is in order
- 20 My partner is struggling to balance working from home and keeping our kids on track during the school day

With your VITAL WorkLife Well Being Resources, you have access to:

- In-the-moment telephonic support, available 24/7
- Telehealth counseling available by phone or video
- Telephonic Peer Coaching
- WorkLife Concierge
- Telephonic legal and financial consultations and resources
- 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

Need help navigating through this difficult time?

Get support from VITAL WorkLife at **877.731.3949** or through the **VITAL WorkLife App**

Username:

Password: