



To: All Carolina Orthotics & Prosthetics Employees  
From: Administration  
Date: March 27, 2020  
RE: COVID-19 Stress and ComPsych

The threat of the Coronavirus has been on the forefront of everyone's mind and nearly impossible to escape from all the media. This pandemic has overtaken our daily lives and it wouldn't be a surprise if the stress of it all can be getting a little overwhelming. As part of our company benefit package, we are able to use ComPsych which is a Confidential Emotional Support and Guidance Tool.

If you are looking for ways to cope with stress you can use the free 24/7 Emotional Support. Attached is a flyer about ComPsych and on how to sign up. It will open up a ton of resources for you.

In addition, the following webpage has specific resources available in regards to coping with COVID-19 without the need to create a ComPsych account: <https://pages.e2ma.net/pages/1807892/20932>.

Some resources included:

- Coping with Uncertainty About The Coronavirus Webinar
- Relaxation Experience
- Tips to Staying Healthy at Work
- Working Remotely Webinars and Resources
- Health and Safety Resource link to the CDC and WHO

We are not only concerned about your physical health, but also your mental health!

For additional questions about the program, please don't hesitate to reach out.



### Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



### Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



### Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



### Financial Resources

Our financial experts can assist with a wide range of issues.

- Retirement, taxes, mortgages, budgeting and more

For additional guidance, we can refer you to a local financial professional and arrange to reimburse you for the cost of an initial one-hour in-person consult.



### Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



### Help for New Parents

ParentGuidanceSM supports you through the process of becoming a biological or adoptive parent, including:

- Preparing for the baby emotionally and financially
- Finding child care
- Planning for back-to-work and other issues



### Free Online Will Preparation

EstateGuidance® lets you quickly and easily create a will online.

- Specify your wishes for your property
- Provide funeral and burial instructions
- Choose a guardian for your children

# Contact EAPBusiness Class<sup>SM</sup> Anytime

No-cost, confidential solutions to life's challenges.

Your ComPsych® GuidanceResources® program EAPBusiness Class offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 877.595.5281

TDD: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant<sup>SM</sup>, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources® Now

Web ID: EAPBusiness

Log on today to connect directly with a GuidanceConsultant about your issue or to consult articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information

## Contact EAPBusiness Class Anytime

Call: 877.595.5281

TDD: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources® Now

Web ID: EAPBusiness