Fear and anxiety about the outbreak of the coronavirus disease (COVID-19) can be overwhelming and cause strong emotions in adults and children.

The onslaught of news, information and misinformation can be very stressful for those with excellent coping and resiliency skills and can also be debilitating for those with pre-existing mental health concerns.

How OSU EAP Can Help

24/7 In the Moment Phone Support
Immediate access to a licensed mental health professional offers you peace of mind that there is always someone to talk to when you are experiencing heightened anxiety, depression, difficulty attending to daily activities, trouble sleeping, and other emotional concerns.

Online Counseling Sessions
Online counseling (defined as live scheduled video, phone, text and chat sessions) is a convenient way to utilize your counseling sessions without leaving the safety and security of your home. Average time from initial request for service to getting help from an online counselor is typically within 24 hours.

EAP on the Web
Your EAP website is an excellent way to access vetted, up-to-date information on COVID-19 AND a variety of other tools to help with anxiety, depression, resiliency and other issues you may be dealing with.

Telephonic Coaching with an Eldercare Specialist
According to the CDC, older adults and those individuals with chronic medical conditions are at higher risk for COVID-19. This can create heightened anxiety and worry for caregivers and their elderly loved ones. You can connect with an Eldercare Specialist for support and guidance on how to best prepare and protect your loved one during this challenging time.

Financial Counseling
Has COVID-19 caused you financial stress? You can now schedule a video conference with a financial consultant to help guide you through this challenging time.

For more resources, visit us on the web at http://www.osuhealthplan.com/OhioStateEAP
Enter the username: buckeyes  Questions? Give us a call at 800-678-6265 or email eap@osumc.edu