

Take Time to Care for yourself, your family and others - Employee EAP and Resources

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To: ECC Professional Staff <ECC-Professional@eastcentral.edu>; ECC Support Staff <ECC-Staff@eastcentral.edu>; ECC Administration <eccadministration@eastcentral.edu>; ECC Faculty <ECC-Faculty@eastcentral.edu>

Take Time to Care for yourself, your family and others

Remember to take time to care for yourself and your family (physical, emotional, mental, and spiritual well-being) while coping with all the changes/restrictions due to COVID-19. ECC's Employee Assistance Program (EAP) through New Directions offers resources for employees who may need assistance coping with all the changes due to COVID-19.

As a full-time employee of East Central College, or a household member or dependent up to age 26 of that employee, one is eligible for:

- 6 counseling sessions scheduled face to face (when appropriate), telephonically or via video
- 6 online counseling sessions
- A free 30 minute telephonic consultation with an attorney
- A free 30 minute telephonic consultation with a financial professional
- Worklife requests ie. Eldercare issues, seeking an electrician etc.
- Access to an **updated** and robust website: <https://www.eap.ndbh.com> company code: **ecc**

Crisis hotline (1.833.848.1764) is available to the public, part-time employees and students without access to an EAP. The services that have been extended via this hotline are for in-the-moment telephonic support for issues related to COVID-19. It does not include the services above for employees. It is unknown how long this number will be active. The link for this group is <https://www.ndbh.com/CrisisResources>.

I am differentiating the two services as one reflects our great EAP services for employees while the other is a crisis line for the public that is one dimensional.

Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others

CALL: 911 if life threatening emergency

CALL: EAP Crisis hotline (1.833.848.1764) or ECC Employee EAP - 800-624-5544

TEXT: TalkWithUs to 66746 ([Disaster Distress Helpline](#))

VISIT: <https://www.eap.ndbh.com> ECC company code: **ecc**

REMEMBER:

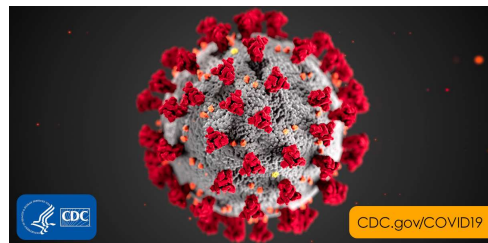
Staying [physically active](#) is one of the best ways to keep your [mind](#) and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active, and safely connect with others. (source is CDC)

As a reminder, we have created an [Employee FAQ User Guide](#) that provides answers to some of the common questions related to COVID-19 which can be found [here](#). In addition to the user guide, we have created a folder on [SharePoint](#) that provides flyers, email communication from the College President and much more.

Don't forget about the [Student FAQ](#) and [Employee FAQ](#) links on the College Webpage that contains helpful information and a variety of resources that are available to you and your family.

Daily Life and Coping with COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>



[Daily Life and Coping](#) | [CDC](#)

Coronavirus disease 2019 (COVID-19) is a virus (more specifically, a coronavirus) identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China.

www.cdc.gov

Please contact me if you need further assistance.

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[Coronavirus \(COVID-19\) Information](#)

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East Central College is operating on a significantly modified basis due to the Coronavirus/COVID-19 pandemic. Instruction is being delivered remotely, and college personnel are working from home or on campus to provide essential services through the end of the spring semester (May 16). Access to buildings is limited to those employees approved to work from campus. ECC is committed to the health and well-being of our students, employees, and the community. Your patience and understanding during this period is greatly appreciated.