



# Coronavirus Resources

# COVID-19

The spread of the coronavirus COVID-19 has put organizations and employees on alert. This information can help keep employees informed about the coronavirus, as well as offer guidance on how to remain healthy and deal with the emotional impacts of the outbreak. Keep in mind that your GuidanceResources program is available to you and your employees 24 hours a day, seven days a week to assist with virtually any issue.



### Coronavirus Webinar

As the COVID-19 virus spreads, it's normal to feel fear and uncertainty. This course offers tips for coping with uncertainty and regaining control.

WATCH



### Health and Safety Resources

Download this list for links to public health and safety resources from WHO, the CDC and others across the globe.

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### Working Remotely Webinar

*In Navigating Your Work From Home Transition Due to the Coronavirus*, a ComPsych expert trainer offers tips and answers questions.

WATCH



### How Your EAP Can Help

This short video explains how your EAP program can help, particularly during stressful times.

WATCH



### Working Remotely

With more people being asked to work from home, these guides offer tips to managers and employees for adjusting to the change.

MANAGERS

EMPLOYEES



### A Relaxation Break

Offer this interactive experience to employees who are feeling stressed about recent events.

WATCH



### Financial Resiliency

With financial markets in turmoil and many people facing income disruptions, it's a good time to make sure that personal finances are on a solid footing.

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### Staying Healthy at Work

In uncertain times, staying healthy at work can feel like an uphill battle. These materials offer tips to keep your workforce feeling well.

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### Resiliency Resources

Stress and anxiety are normal reactions to current events. These materials explain how to keep those emotions in check.

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