



E.A.P.

You talk, we listen.

571-7000

Call now to schedule a
telephone counseling session.



Need Emotional Support?

Looking for someone to share your concerns with or need help with a referral? The Office's Help Line is open for business: 227-TALK

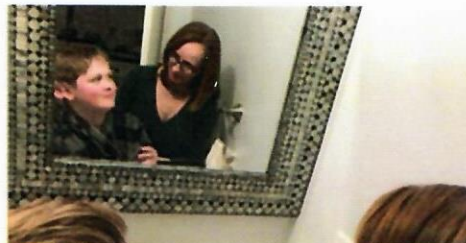
Supporting Health Care Workers During the Coronavirus



While many non-essential employees in the workforce are at home complying with physical distancing requirements, health care workers continue to work for the benefit of all residents in the County. They are working under very challenging conditions with low or not enough resources. Check out the following link on how to support health care workers:

<https://www.today.com/health/how-help-during-coronavirus-ways-support-health-care-workers-t176257>.

What Moms and Dads Working in Health Care What are they telling their children?



Parents, grandparents, siblings, aunts and uncles may be health care workers who are essential employees and still reporting to work. This might be frightening for their young family members. A big focus in the media is about catching" the virus and the thought that their parents and adult loved ones are working with people who have or may have the coronavirus can lead children to think "I hope Mommy doesn't catch the virus." Check out the following link for some information on how health care workers are speaking with their children about their work: <https://www.nbcnews.com/know-your-value/feature/coronavirus-what-public-health-workers-are-telling-their-children-ncna1156766>

How to Talk About COVID-19 With People Who Have Autism



Parents and caretakers of people with intellectual and developmental disabilities such as autism face unique hurdles in communicating about the coronavirus. Take a listen to this four minute talk from NPR: <https://www.npr.org/2020/03/24/820542927/how-to-talk-about-covid-19-with-people-who-have-autism>

Helping Seniors During the Coronavirus



For many the words “seniors,” “elderly,” and “aging” are all relative and when based on age there are different policies and procedures. Seniors have been defined as those over 55, 60, 62 and 65. And there are probably adults in their eighties who don’t want to join or participate in organizations or activities with “those old people.” But the coronavirus can take a significant toll on the mental health of persons who are, however you define them, older. Check out this link for information on coping for seniors: https://laist.com/2020/03/19/guide_seniors_mental_health_coronavirus.php

Your Mental Health During the State of Emergency

This is a time of unprecedented stress for all employees – part and full-time, essential and non-essential. Employees and their family members who have mental health disorders often find work to be a buffer or an outlet to mitigate their feelings of anxiety or depression. Of course some employees have jobs that make them feel anxious or depressed but for the overwhelming majority of people work is therapeutic and has more benefits than not. As a reminder – the Employee Assistance Program counselors are working and doing telephone counseling sessions. Help is available by calling 571-7000 and leaving a voice mail message. The messages are checked throughout the day. Check out this article for more information on employee wellness during the coronavirus. <https://www.benefitnews.com/news/coronavirus-pandemic-puts-the-spotlight-on-mental-health-resources>



Feeling Suicidal or in Crisis?

Perhaps you are feeling a little more distressed than you can manage. If you are in crisis or suicidal call the Long Island Crisis Center. 679-1111



For information about the coronavirus call the CORONAVIRUS HOTLINE AT 888-364-3065

<https://www.nassaucountyny.gov/agencies/Health/index.html>

Office of Mental Health, Chemical Dependency and Developmental Disabilities Services

For information go to the Office's website at <https://www.nassaucountyny.gov/1711/Mental-Health>