# Help in crisis situations

A crisis or traumatic event can trigger overwhelming emotional responses. People are affected in their hearts and minds which can undermine healthy communities and social relationships at home and at work. As we hear more about the spread of COVID-19 around the world, it's important that you understand how we can support you and your employees.

**Here are some ways we can help:**

## Employee Assistance Program (EAP)

- 24/7 confidential access to professional support to help employees manage stress, anxiety, grief, financial concerns, and much more
- Connect to support by phone, video, or chat anytime, anywhere
- Vast library of online resources for coping with trauma, building resiliency, self-care, managing change, and much more
- Manager consultations to support leaders in dealing with sensitive workplace situations
- Contact your LifeWorks Customer Success Manager for EAP information or promotion ideas

**To get started with an EAP in your workplace today: efap@morneaushepell.com**

## Workplace Learning Solutions

- Webinars that address the reality of the present situation and strategies to boost resilience through thought and daily habits:

     Building Resilience while under Quarantine

     Building Resilience in Uncertain Times

- Multiple learning formats available on topics including mental health, change, diversity, trauma, and more
- Join our 10-minute free bilingual webinar: Coronavirus (COVID-19) that provides information on the virus symptoms, spread, and prevention

**Get started now: Workplace Learning Solutions or workplacelearning@morneaushepell.com**

## First Access

- Counselling and traumatic event support to address the unique needs of your organization worldwide
- Allows organizations - even those without a formal EAP in place - to access support services as needed to ensure timely and effective issue resolution

**Connect with us for a consultation today: First Access or firstaccessservices@lifeworks.com**