

CORONAVIRUS DISEASE 2019 (COVID-19)

Carebridge Resources



Audience: Trinity Health Colleagues

Revision Date 3/13/2020

Version: Version #1

Support for Trinity Health Colleagues

Carebridge, our Employee Assistance Program (EAP) provider, is here to help – free!

Being our best while we are at work and in other areas of our lives can be challenging – especially at a time there are public health concerns. Taking care of yourself – physically, mentally, and spiritually – takes time and effort, but you don't have to go at it alone. Carebridge is here to help.

Trinity Health offers Carebridge, our Employee Assistance Program (EAP) provider at no cost, for all colleagues and their dependents (including college students), spouse and any person(s) living in their household. EAP is part of an overall wellness approach designed to support you. It is a confidential resource providing counseling, information and referral services to help address personal, family or work-related concerns.

Carebridge is sharing many resources to help colleagues during this time, including these articles:

- [Speaking of Psychology: Coronavirus Anxiety](#)
- [CDC Infectious Disease Playbook for First Responders](#)
- [Tips for Social Distancing, Quarantine & Isolation](#)
- [Handwashing: A Corporate Activity](#)
- [Take the Germs Quiz](#)
- [Tips for Staying Healthy and Safe at Work](#)
- [21 Things You Can Do While You're Living Through a Traumatic Experience](#)
- [Quarantine and Isolation](#)
- [Handwashing: A Family Activity](#)
- [How Do People Respond During Traumatic Exposure?](#)
- [How to Handle Kids' Stress and Why It Happens](#)

Contact Carebridge 24 hours a day, seven days per week at (800) 437-0911 or at www.myliferesource.com. To access these resources, please enter the Trinity Health access code: BKKR5 to create a personal account.

Trinity Health colleagues, their dependents, spouse, or other members of their household can receive up to six face-to-face or telephone EAP consultations per issue with a licensed Carebridge counselor.

In addition, [Carebridge Tip Sheets](#) are available from their website (login required) on topics including anxiety and depression, choosing pet care when you're away, easy steps to relieve everyday stress, establishing healthy lifestyles, exercise, getting started with your will, keeping tabs on your teen, taking part in acts of kindness, texting and driving, tips to help you succeed with your budget, and many more.

Get the support you need, when you need it. Let Carebridge help.