



# The EAP is Here for You

## We understand life is different and unpredictable right now.

Things changed fast for all of us, and no one is quite sure when we'll get back to normal. Many of us are experiencing isolation, anxiety, fear, stress, and family tensions, as well as financial problems. During this time, you have access to resources to help you navigate and solve personal problems.



### COVID-19 Resources

IBH has set up a special site to support you and your family during the COVID-19 crisis. To access resources, go to: <https://ibhsolutions.com/resources/>



### Short-Term Counseling

Some of us are struggling with the effects of COVID-19 on our lives, and many of us were already facing personal issues before the pandemic began. You have free access to short-term counseling, which can now be accessed by phone or video. EAP counseling can help with fear, stress, grief, relationship, and other personal issues.



### Personal Technology

When you call the EAP for support, a clinician will guide you to appropriate resources for your needs, which may include online peer support groups, an AI chatbot for 24/7 support and tips, or other helpful resources for solving problems and staying resilient.



### Life-Balance Resources

We realize many people are facing increased financial challenges right now. You can call the EAP and request financial support and speak with a financial advisor who can help you navigate challenges and make plans to recover sooner.



### Wellbeing Website

Visit [ibhsolutions.com](https://ibhsolutions.com) and click the **Members** link to access the EAP wellbeing website. It includes thousands of current health, life-balance, and wellbeing articles, movies, and other resources to help you stay healthy and balanced at this time.

Simply call your Employee Assistance Program (EAP) for support. You'll talk with a clinician who will listen to you and guide you to helpful tools and resources.

Contact the EAP.  
[ibhsolutions.com/members](https://ibhsolutions.com/members)