



COVID-19: Resources & Support for Supervisors

We understand that the pressure, worry and fear of COVID-19 can feel overwhelming to you as a Supervisor. Employees will be looking to you for direction and guidance. As your EAP, we want to ensure that you have access to the support and resources you need to help alleviate stress and negativity during this time so that you and your employees can stay well physically, mentally and emotionally.

We Are Here For You

Remember the EAP is available 24/7 to offer support and resources to you as Supervisor. If you or an employee are having trouble coping with stress or managing feelings of anxiety that are making it difficult to function in your daily life, the EAP can help. The EAP includes telephonic consultations for supervisors, webinar based orientations, video and telephonic counseling, life-balance resources and online tools to help you be your best at work and home during these challenging times.

What You Can Do

- **Help reduce anxiety.** Provide only credible sources of information to employees such as the World Health Organization www.who.int/ or Center for Disease Control www.cdc.gov/.
- **Reduce feelings of uncertainty.** Make sure all employees are aware of sick leave and work from home policies, and your organizations disaster preparedness plan.
- **Emphasize the importance of self-care.** Healthy people can cope better with feelings of anxiety and stress.
- **Take time to offer encouragement and emotional support.** With so many people suddenly isolated and working remotely it is important for managers to acknowledge stress, listen to anxieties and concerns, and empathize with their employees' challenges.
- **Create a sense of community.** Provide a few minutes at the beginning of team meetings for remote social interaction.
- **Encourage people to be mindful of their emotional wellbeing.** Remind employees that they have access to free resources and counseling through the EAP. Video and telephonic counseling appointments are available.

COVID-19: Webinar + Resources

In addition to the resources that are available on your member portal, we have created a special resources page that includes a webinar on Emotional Health & Resilience: Managing Stress, Anxiety and Fear During COVID-19. The site also includes several flyers that cover topics such as managing stress, self-care, resilience and coping with anxiety. We will be adding new resources each week.



Access
Resources

To access the webinar and flyers go to:
ibhsolutions.com/resources

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