

Are you feeling stressed, anxious or depressed about the COVID-19 epidemic?  
**Your Employee Assistance Program (EAP) is here to help.**

THESE FEELINGS CAN BE OVERWHELMING,  
BUT YOU DON'T HAVE TO DO THIS ALONE.



GETTING HELP TO COPE  
WITH STRESS WILL MAKE  
YOU, THE PEOPLE YOU  
CARE ABOUT, AND YOUR  
COMMUNITY STRONGER.



SUPPORT IS AVAILABLE VIA PHONE OR WEB-VIDEO CONSULTATIONS TO  
HELP YOU MANAGE THROUGH THIS CHALLENGING TIME.

CALL TOLL-FREE, 24 HOURS A  
DAY, SEVEN DAYS A WEEK:

**1-800-227-1060**

TTY USERS  
CALL 711



OR GO ONLINE TO:



[MHN.ADVANTAGEENGAGEMENT.COM](https://mhn.advantageengagement.com) 

AND REGISTER WITH  
THE COMPANY CODE:

**CBEAP**

