



EMPLOYMENT &  
HUMAN SERVICES

## MEMORANDUM

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To: All Staff, Code 2A

Date: March 31, 2020

From: Tish Gallegos, Community Relations

Subject: Support for you & your family: Magellan Healthcare Employee Assistance Program

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*Broadcast Message from the County Administrator, David Twa:*

### **Magellan Healthcare Employee Assistance Program (EAP)** Support for you and your family

As COVID-19 continues to spread, many people are anxious about the uncertainty of what is happening. This is a reminder that our Employee Assistance Program (EAP) is here to help you and your household members by providing compassionate care and resources any time – day or night. It is completely confidential and free to use.

#### **Your EAP can help you in many ways**

- Visit the Learning Center to find articles, videos and webinars on a variety of emotional and physical health and wellness topics.
- Call your program and a licensed clinician will ask questions to understand your unique situation and provide you with the best help possible to meet your needs, and those of you household members. Clinicians can help you with, or direct you to resources for, a variety of concerns including:
  - Feelings of anxiety, stress, depression, isolation, grief
  - Marital, parenting or other relationship issues
  - Enhancing resilience and staying mindful
  - Alcohol or substance misuse
  - Child and elder care
  - Housing issues
  - Financial coaching and legal assistance
- Engage with Digital Cognitive Behavioral Therapy (DCBT) apps:
  - FearFighter® for anxiety, panic and phobia
  - RESTORE® for sleep difficulty and insomnia
  - MoodCalmer® for depression
- Access Work-Life Services for information on child and elder care, learning resources for children, tips for working remote, financial tips and more.

- Listen to a webinar recording, [Cultivating Happiness: How to Create Your Own Happiness Regardless of What Life Throws at You](#), or try the [Deep Breathing for Relaxation](#) podcast.
- Watch the webinar, [Financial Best Practices in Uncertain Times \(on-demand webinar\)](#)
- Manage your budget and plan for the future with help from a financial coaching expert.

**Contact your EAP today**

Visit [MagellanAscend.com](http://MagellanAscend.com)

Call 800-229-8674

The Employee Assistance Program can provide you with compassionate and caring support so you can move forward with peace of mind.