

Helpful information from Northstar EAP+

April 2, 2020

In response to the COVID-19 pandemic, Northstar Employee Assistance Program+ is providing increased support to the employees, students, business leaders and organizations we serve.

Northstar EAP+ is in full operation across the Upper Peninsula, offering services via phone and telehealth platforms, and we have geared up to meet increased need. We know that the emotional and mental health toll of this crisis will be significant and we are providing additional support and resources to help address the impacts of stress, fear, financial loss, illness, grief and loss, children out of school, and isolation created by social distancing.

Here are some informational links and helpful sites to address some of the issues we are hearing within the campus community in response to COVID-19 related concerns.

Adjusting to shelter-in-place:

<https://www.sbam.org/Resources/ArtMID/404/ArticleID/3835/Ways-to-Protect-Your-Mental-Health-During-the-Pandemic>

COVID19 Anxiety:

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/top-ten-covid-19-anxiety-reduction-strategies>

Managing mental health during COVID-19:

<https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19>

Working from home:

<http://www.workplacementalhealth.org/Employer-Resources/Working-Remotely-During-COVID-19>