

Resources to Help Employees With Stress Due to COVID-19

Our partners at AHCCCS have compiled a number of resources to help employees deal with the stress, fear and other emotional challenges that have been created by the pandemic. We thank them for making these available for the benefit of all state employees.

Employee Assistance Program

The Employee Assistance Program (EAP) is a valuable resource for any state employee who might be experiencing increased stress or anxiety during this time. Licensed counselors are available for confidential counseling sessions. You and your family members may access services by calling 1-877-327-2362 or visiting guidanceresources.com. Enter company code HC8876C to register. Learn more at wellness.az.gov/eap.

 [Resiliency Resources_GuidanceResources.pdf](#)

Behavioral Health Resources

The AHCCCS COVID-19 webpage at <https://tst.azahcccs.gov/AHCCCS/AboutUs/covid19.html> offers a collection of behavioral health resources from the Centers for Disease Control and Prevention (CDC), Substance Abuse and Mental Health Services Administration (SAMHSA), and the World Health Organization (WHO) under the Behavioral Health Resources menu.

The Suicide Prevention Resource Center has a selection of resources on mental health and coping at <http://www.sprc.org/covid19>.

Other Resources

Webinar from ComPsych: ***Coping With Uncertainty About the Coronavirus***
<https://register.gotowebinar.com/recording/recordingView?webinarKey=361653968327770625®istrantEmail=deb.johnson%40azahcccs.gov>

Podcast from the Harvard Business Review: ***Managing the Stress and Uncertainty of Coronavirus***
<https://hbr.org/podcast/2020/03/managing-the-stress-and-uncertainty-of-coronavirus>

Article from the New York Times: ***10 Ways to Ease Your Coronavirus Anxiety***
<https://www.nytimes.com/2020/03/18/smarter-living/coronavirus-anxiety-tips.html>

AHCCCS covers crisis services for all Arizona residents, regardless of insurance coverage. More information is at: <https://azahcccs.gov/BehavioralHealth/crisis.html>