

Employee Well-being during COVID 19

PPS recognizes 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, uncertainty, financial loss, illness, grief and loss, children out of school, and isolation created by social distancing.

In response to COVID-19, the PPS Employee Assistance Program (“EAP”) through Life Solutions is providing increased support to PPS employees, including additional resources via phone and telehealth platforms.

PPS EAP has added the following resources that specifically address COVID-19 impacts on emotional and mental health and wellbeing, including live and recorded webinars, handouts, and links to resources.

Summary of Available Services:

1. Telephone & Video Counseling
2. Brain Manager App
3. COVID-19 Training
4. COVID-19 One Pagers
5. Beating the Blues
6. Legal & Financial Consultation

Can I still get counseling from Life Solutions during COVID-19?

Yes. Life Solutions is offering telephonic and video counseling during COVID-19. Employees, and Employee’s family members are eligible for up to 6 counseling sessions.

To schedule a telephonic or video counseling session please call **1-844-833-0527**. All sessions are completely private and confidential.

For more information, see the COVID-19 Video Counseling flyer at:
www.pghschools.org/coronavirus/EAP.

Is there an “app” I can download to access mental health resources?

Yes. The “Brain Manager App” is now available to all PPS employees. This COVID-19 specific App provides helpful information and tips on: Sleep, Grounding, Pleasant Imagery, Breathing, Worry, Exercises, Emotions, Mindfulness, and Habits.

To access the Brain Manager App, search “Brain Manager” in the Apple App Store or Google Play Store. Enter the access code “**calmnow**” when prompted. For more information, see the COVID-19 Brain Manager App for Therapy at www.pghschools.org/coronavirus/EAP.

Are there any trainings I can attend that are focused on the stresses of COVID-19?

Yes. Meeting the daily demands of work and home can be challenging. When a crisis hits, we face additional stressors that may leave us feeling overwhelmed. Join us for this virtual training where we will:

- Discuss the role of the stress response and identify common triggers.
- Explore strategies for coping in challenging times.
- Review the services available to you and your household members through Life Solutions – your Employee Assistance Program.

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Pittsburgh
Public Schools

Employee Well-being during COVID-19

At-a-Glance

Date: May 5, 2020

Time: 4:00 pm to 4:30 pm

How to Participate: [Join Microsoft Teams Meeting](#) or dial [+1 412-447-5295](#) Conference ID: 632 165 612#

To participate, click "Join Microsoft Teams Meeting" above and you will be transferred to the presentation. (You do not have to have Microsoft Teams on your computer to attend). You will hear the trainer through your computer. If your computer does not have microphone capabilities and you want to participate verbally, simply click "Phone Audio" and provide a number at which Teams can reach you. Please do not call in to the meeting and use the audio on your computer as this causes echoing. Once you enter the training, please mute your phone or computer to minimize disruption.

Are there any "tips & tricks" to manage this difficult time?

The following one-pagers offer tips for dealing with this difficult time. All of the one-pagers can be found at www.pghschools.org/coronavirus/EAP.

Taking Care of Your Behavioral Health

The one pager provides tips for Social Distancing, Quarantine, and Isolation during an infectious disease outbreak.

How to Handle Social Isolation

Home isolation is not easy for anyone. It can be especially difficult if you live alone and cannot see friends or family. And if you live with family, you might feel like it is hard to get time to yourself. This one pager provides tips on handling social isolation.

How to Handle Uncertainty

This one pager provides tips to handle navigating so much uncertainty during these times.

Supporting Your Children During COVID-19

Children and teenagers react to situations partly on how they see adults respond. When you deal with COVID-19 calmly and confidently, you provide your children important support. This one pager offers tips on how to be reassuring to your children during these uncertain times.

Engaging Children While Schools is Closed Due to COVID-19

This one pager offers tips on how to keep your children engaged during school closure.

Tips for Finding Alternative Childcare

One of the biggest challenges for working families is trying to juggle childcare while working from home or you are an essential employee who must report to work. This one pager provides tips on finding alternative childcare.

Does Life Solutions offer a program to address my mental health that is more than just therapy?

Yes. If you're stressed, tense, depressed, or anxious, then you're looking for answers. Beating the Blues is a free, online eight-week program that is based on the concept that changing your thoughts can change your feelings and behaviors. It utilizes Cognitive Behavioral Therapy, also known as CBT. CBT is an

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effective, widely used method that can help you evaluate your thought processes that lead to feelings of depression, anxiety, or stress. To get started, call Life Solutions at 1-800-647-3327.

What kind of legal and financial resources are available?

Money and legal issues not only interfere with everyday life – they take a toll on your wellbeing. Life Solutions can connect you to resources that save you time and give you peace of mind. As an employee of Pittsburgh Public Schools, you are entitled to the following through Life Solutions:

- General legal consultation with an attorney, including initial 30 minutes at no cost and up to a 25 percent discount on rates for additional in-network services.
- One 30-minute session of financial guidance with a certified financial professional at no cost in areas such as debt management, budgeting, and spending habits.

What type of legal situations do people call Life Solutions about? Life Solutions offers support for:

- Adoption
- Bankruptcy
- Divorce and custody cases
- Estate planning
- Personal injury
- Small claims
- Tenant-landlord conflicts

Financial counseling often addresses issues ranging from housing, debt management, and budgeting to retirement planning, college planning, and life-changing events such as marriage, children, or divorce. Call Life Solutions at 1-800-647-3327 to begin your consultation.

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