

COVID-19

Resources & Support

SUCCESS WITH STRESS

Partners HealthCare Employee Assistance Program offers "Daily Stress and Resilience Sessions"

[https://eap.partners.org/SeminarsEvents/Success with Stress_Series.asp](https://eap.partners.org/SeminarsEvents/Success_with_Stress_Series.asp)

PSYCHIATRY GRAND ROUNDS

"Cognitive Behavioral Strategies to Manage Anxiety - Tools to Build Resilience"

<https://cpd.partners.org/mgh-psychiatry-grand-rounds/content/cognitive-behavioral-strategies-manage-anxiety-tools-build-resilience>



SUPPORT

- Child Care Resources
- Financial Assistance
- Information on COVID-19 for Partners Healthcare Employees
- Senior and Family Caregiver Support
- Stress Management and Self-Care

[http://eap.partners.org/WorkLife/HealthyLiving/Support for Coping with COVID-19.asp](http://eap.partners.org/WorkLife/HealthyLiving/Support_for_Coping_with_COVID-19.asp)

PREVENTION

- Wash hands with soap and water for at least 20 seconds
- Cover your cough
- Avoid touching your face, nose and mouth
- Stay home if you are sick
- Routinely disinfect surfaces

