

# BENEFITS

## Employee Support Amid the COVID-19 Pandemic

September is the traditional time for students and their parents to begin a new school year. For most families, this year's return-to-school experience is anything but normal. Now more than ever, parents and caregivers can benefit from learning skills to manage their uncertainty and, whenever possible, to create a sense of control amid change for both themselves and their children. Remember - staying emotionally healthy and resilient is important – and particularly challenging after months of multiple stressors and with many challenges still ahead. To help with this process, Carebridge is making available a virtual support group to assist employees with practicing gratitude during significant challenges. Research shows that the practice of gratitude has both immediate and long-term effects on easing stress.

Carebridge is also providing a series of educational and support events in September to assist with coping through COVID-19 and beyond. In recognition of National Suicide Prevention Awareness Month, Carebridge is providing a live webinar to create awareness and increase their understanding of suicide and be directed to helpful resources for themselves and loved ones. A virtual grief support group is offered for those affected by a suicide loss also known as *suicide loss survivors*.

These resources are just a click away and in place through the end of September. A reminder that registration is required but participation is anonymous. As always, Carebridge EAP is available 24/7 for individual consultations. Call 800.437.0911.

### Virtual Support Groups:

Carebridge continues to offer virtual support groups to assist employees as they prioritize their mental health and well-being. Support groups offer opportunities to obtain credible information, learn strategies and share in the discussion.

Tuesday, September 8, 2020:

[COVID-19 - Returning to School: When the New Normal Does Not Feel Normal](#)

Wednesday, September 9, 2020

[After a Loss: Grief Support for Suicide Loss Survivors](#)

Wednesday, September 23, 2020

[COVID-19 - Returning to School: When the New Normal Does Not Feel Normal](#)

Tuesday, September 29, 2020

[Practicing Gratitude to Build Resilience](#)

## Upcoming Webinars:

Thursday, September 10, 2020:  
[Suicide Awareness](#)

Thursday, September 17, 2020  
[Parenting Skills: Helping Your Child Focus](#)

## Articles and Resources:

The following Carebridge articles can be beneficial in helping to understand the effects of emotional well-being due to the pandemic and other world events.

[Back to School Resources](#)

[Parenting During COVID-19](#)

[Finding Your Way in the Aftermath of Suicide](#)

[Recognizing Suicidal Warning Signs](#)

[Depression-Suicide Prevention Service Highlight](#)

[Suicide Prevention Poster](#)

[Depression Poster](#)

## Webinar Recordings:

Archived recordings from last month's educational and support events are available for review.

[Civility and Respect in the Workplace](#)

[Stress Check-In Grief and Loss: Finding Your Way; You Are Not Alone](#)

[Stress Relief: Parenting during the Pandemic](#)

[Staying Motivated during COVID-19; Stress Check-In](#)

[Mindfulness Listening Practice](#)

[Stress Relief: Parenting during the Pandemic](#)

For current pandemic information, including webinars, recordings, articles and a wealth of support literature, please go to the Carebridge website, [www.myliferesource.com](http://www.myliferesource.com), and click on the COVID-19 Resource Center. Carebridge confidential services are available 24/7 and are free of cost to covered employees and their families. Call 800.437.0911 or email [clientservice@carebridge.com](mailto:clientservice@carebridge.com).