

Hi am Crystal Faria with Center for Family Life and Recovery your EAP Coordinator and I am here with your Healthy Huddle Express. um I am actually working from home I am quarantined. I got off a cruise on Sunday so for safety reasons my whole family and I are here at home and I but am working hard um For Center for Family Life and Recovery and all of our wonderful EAP companies.

So today I just want to um give you a brief update on what we're doing and how were adapting to the Corona virus crisis. um We want to make sure you know our EAP services are still available. We still have counselors for mental health wellness which is obviously so important during this time frame. um Our counselors are available by telephonic and video counseling which um the video counseling is actually a really cool tool where you can um have a face to face which is so much more impactful when you are talking about mental health wellness and sharing that information. um To make those appointments you're just going to call like you normally would during regular business hours 315-733-1709 and after hours 315-733-1726.

One of the other things we are doing- implementing is a virtual CISM response. So when there is a crisis going on at a company, we always bring a crisis team in to help employees and we still want to make that available, but it is all going to be virtual now. There will be a counselor available kind of the same concept of um video counseling um (clears throat) where employees can come and talk to a counselor face to face um but without you know jeopardizing those germs being passed around.

The other thing we are doing to help our companies is- is to um put tons more content on the EAP portal including um Corona virus resources including the gambit of ah- ah how to survive (little chuckle) homeschooling to daycare. Resources um for medical health staff workers and um were constantly reshaping and developing that um to um make it as useful as possible for our um (clears throat) EAP companies. We definitely want you to know that CFLR is still here for you we are not going anywhere and I think more than ever we are such an important part of this um process for your staff for your employees. Stress and anxiety are obviously going to elevate. I know me just being at home um it's a lot more stressful than you would think especially when you are home with your kids. so um but I am very lucky um I feel very blessed and um we want you to know at from everybody at Center for family life and recovery were here for you.

tune back in tomorrow we are going to try to have a video up every other day so um you can access breathing techniques or yoga or visualizations we have a whole bunch of ideas to bring to you and your staff to help you get through this crisis thank you guys and we will see you soon.