



Our institutions, faculty, and staff have been profoundly impacted by everything that is going on in the world right now. We recognize that the typical demands of juggling home and work life have taken on new dimensions and have been impacted in unforeseen ways, both large and small.

The new stressors we each face may be different in size and scope, but it's safe to say that we can all use some extra support right now. We want you to know that **if it matters to you, it matters**. Help is just a call or click away. And asking for help is a sign of strength, not weakness.

You and your family matter to us. That's why the UNC System provides benefits, tools, and resources to promote a culture that supports your and your family's ability to get emotional support. It's not just about coping, it's about building resiliency. So, rather than just getting through the hard times, we're able to bounce back stronger than ever, refocused on what matters most. We encourage you to take some time to learn about all that's available to you and to use it to deal with life's challenges.

## STAY TUNED FOR MORE ON WELL-BEING AND RESILIENCY RESOURCES

Each month, we'll be sending you an email like this to give you more details about the resources available to you. We know that you're juggling a lot and the last thing we want to do is overwhelm you with too much information. So, we'll keep these messages short and focused. Future messages will each center around a specific need, for example counseling or caregiving, that we know is top of mind right now.

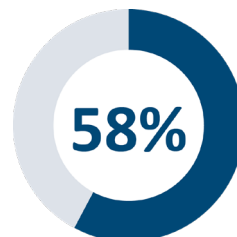


*Click [here](#) to view a message from UNC System President Peter Hans on the importance of taking care of yourself and others.*

## Having a rough time? You are not alone.



Last spring, **MILLIONS** of parents became teachers overnight; many are still in virtual mode



of Americans feel that **finances control their life**<sup>1</sup>



One out of three Americans show signs of clinical **anxiety or depression**<sup>2</sup>

<sup>1</sup> Mind Over Money Study by Capital One and The Decision Lab

<sup>2</sup> Census Bureau

*It's ok to not be ok. And it's ok to ask for help. No matter what issues you are facing.*

That's why the UNC System provides benefits, tools, and resources to promote a culture that supports your and your family's ability to get emotional support. See below for highlights of what's available.

### Resources Available to Employees Enrolled in Medical Coverage Under the State Health Plan



#### Medical

Coverage for a broad array of mental and behavioral health benefits and services (includes office visits for a Primary Care Provider (PCP) copay)

#### **Telehealth**

Many providers offer telehealth or virtual visits that allow you to connect with a doctor via laptop, tablet, or smart phone. [Learn about virtual visits with UNC Health Care physicians](#) and contact your physician for directions on how to best connect virtually. **Note:** These types of visits are covered under your Plan benefits and will remain in effect until June 30, 2021. The applicable copay for a PCP office visit will apply.



#### Beacon Health

#### **(through BCBSNC)**

Online resources, including webinars, trainings, videos, and more on a wide range of topics that deal with well-being

### Resources Available to All Employees



#### Employee Assistance Plan

Trained counselors available 24/7 via phone with free initial consultation and online resources; most UNC institutions provide additional free consultations



#### COVID-19 Resilience Website

System Office Human Resources has curated a series of web-based resources to help faculty and staff navigate stresses and strain points of current events

