



## Is something clouding your happiness?

We are living in extraordinary times. Ones that make it more difficult than ever to maintain happiness and overall well-being. We know that people are looking for professional support right now and that counseling is an important resource for getting through these challenging times. That's why this email focuses on counseling related services available to you and your family, and how to access them. We want you to know that no matter what you are dealing with, you're not alone.

**If it matters to you, it matters.**



### YOU'RE NOT ALONE

#### Grief

has intensified during the pandemic—we've all lost our sense of normal, lost our usual modes of connection, and many have lost loved ones



3 in 5 Americans are **lonely**<sup>1</sup>



Almost 21M Americans have at least **one addiction**<sup>2</sup>

<sup>1</sup> Cigna's Loneliness and the Workplace: 2020 U.S. report

<sup>2</sup> U.S. Surgeon General's Report

## Talk with a trained counselor anytime, 24/7



Our **Employee Assistance Program (EAP)**, provided by **ComPsych**, allows you to talk confidentially with an expert about any life challenge you're experiencing. Each UNC constituent institution has an assigned phone number. Go [here](#) and scroll down to the contact chart to get the right number for you. Your initial consultation will be free and most UNC institutions provide additional free consultations. In addition to connecting with counselors, the EAP offers additional resources including online resources via [Guidance Resources](#). Just as you have an assigned phone number, you also have an assigned Web ID (go [here](#) and scroll down to find yours).

### Prefer to work with a counselor you've already established a relationship with but worried about meeting face-to-face during the pandemic?

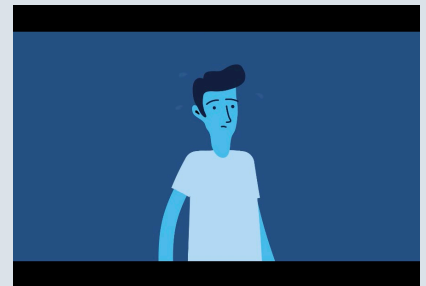
Ask if your behavioral health specialist offers telehealth/virtual visits that allow you to connect via laptop, tablet, or smart phone (many do). If your specialist does, those visits will be covered under the State Health Plan. The applicable copay for an office visit will apply. **Important:** Telehealth/virtual visits aren't just for behavioral health needs! If you've been avoiding getting care of any kind during the pandemic, contact your physician for directions on how to best connect virtually, or if available, [try virtual visits with UNC physicians](#).

### Have children?

Recent research suggests young adults are experiencing high rates of depression, anxiety and post-traumatic stress from loneliness, being isolated and difficulty dealing with change. Keep an eye out for changes in your child's mood or behavior and remember the counseling services available through our EAP are available to your family members too.

## How well are you doing—really?

Sometimes we get so used to our “norm” that we don't give it much thought. And, issues can build before we even realize they are issues. **Beacon Health**, offered through BlueCross BlueShield of North Carolina, can help you determine if you are really doing as well as you think you are. Go [here](#) to take a number of assessments about things like relationships, depression, finances, and alcohol/substance use. If you discover any areas that you're not doing so well in, take advantage of the links to resources, trainings, videos, and webinars for support. And, remember the EAP can help with the confidential counseling and online resources described above. The EAP also offers assessments (on-campus and via telephone), as well as self-assessment tools.



Feeling stressed? Click [here](#) for a video from Beacon Health that provides six strategies to help you take control of your stress. You can also check out the [COVID-19 Resilience Website](#) for a series of web-based resources to help you cope with stress.

A graphic featuring several light blue speech bubbles of various sizes. The bubbles contain the following text: "childcare/eldercare", "family issues", "anxiety/stress", "finances", "health", and "depression". In the center, a larger speech bubble contains the text "If it matters to you, it matters." Below this, another line of text reads "Resources to help you support your well-being and build resilience." The entire graphic is set against a white background.

childcare/  
eldercare

family  
issues

anxiety/  
stress

finances

health

depression

*If it matters to you, it matters.*

*Resources to help you support your well-being and build resilience.*