



## **HelpPeople EAP to Support in Pandemic Times**

The pandemic has changed our lives in so many ways. We have experienced a range of challenges during this time, and many of us have struggled to keep our life and our emotions in balance. In the face of adversity, it is not uncommon to feel overwhelmed, lose our coping abilities, or find we lack adequate support. Not paying enough attention to these issues or our general mental well-being during tough times, can hinder our overall health, our functional abilities and possibly lead to more significant problems. To do a quick wellness check, ask yourself the following six “yes” or “no” questions in relation to your current circumstances.

- **Have I been unable to manage my daily stressors at home and/or at work?**
- **Am I feeling lonely, depressed, or isolated?**
- **Do I feel unsafe at home?**
- **Am I having difficulties with my personal or professional relationships?**
- **Have I had concerns about my alcohol and/or substance use?**
- **Am I attempting to manage my circumstances in ways that could be harmful to me?**

Consider talking over any difficulty that you answered “yes” to above with a professional counselor at HelpPeople. In pandemic times, HelpPeople EAP can help you get on a better path and support you in achieving your wellness goals. Contact HelpPeople at (315) 470-7447.