



Coping with COVID 19

You are NOT alone! Are you feeling stressed, anxious, sad, concerned or worried?

Sometimes these feelings are natural with everything going on in our world today.

Suggestions for coping with COVID 19

- Stick to routine
- Practice self-care. Move your body! Many gyms and studios are offering both free and paid online exercise classes to do in your home (for example: yoga, stretching, strength, take a walk outside your home)
- Manage your media diet, take time away from your phone, manage news consumption on the tv and radio
- Connect with family and friends via text, email, phone or video calling
- Continue to practice prevention, wash hands, practice social distancing
- NAMI Hotline (800)950-6264, M-F 10 a.m.-6 p.m. ET
<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or someone else?

- **Call 911**
- **The National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)**
- **Crisis Text Line:** Text HELLO to 741741, available 24/7
- **Suicide Prevention Lifeline:** www.suicidepreventionlifeline.org

LCI's Employee Assistance Program (EAP): Help for you and your immediate family when you need it most! You can get up to 3 visits with a licensed Professional Counselor – **AT NO COST TO YOU!** Access to unlimited, confidential online/phone support 24/7.

- **Call toll free:** 1-800-854-1446 (multi-language support available)
- Tell them you are employed through Lippert Components
- **Online:** www.unum.com/lifebalance

For additional assistance, contact your dedicated LCI Benefits Team: benefithelp@lci1.com

