

EAP COVID-19 Community Resources

Please note that we are working to keep this document updated, please contact EAP at 817-702-1688 for further questions.

Our EAP phone lines are answered 24 hours a day, 7 days a week.

We are here to support all JPS employees and their family members.

Mental Health Support and Apps:

- Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free:
 - 833-986-1919
- SAMHSA Disaster Distress Helpline, available 24 hours a day, 7 days a week for crisis counseling:
 - 1-800-985-5990 or text 66746
- Audible: Free children's books: www.stories.audible.com
- Headspace App: Free portion called "Weathering the Storm"
- Sanvello app: currently allowing people to access their premium use for free
- Calm: Free Mindfulness Activities:
 - [https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times non subs_031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times%20non%20subs_031720)

Supportive Articles:

- Schwartz Center for Compassion Resources:
 - https://www.theschwartzcenter.org/covid-19?utm_source=newsletter&utm_medium=email&utm_content=COVID-19%20resource%20page&utm_campaign=COVID-19%20CEO%20Message%203-20-20
- Frontline Staff: Managing Stress and Self-Care During COVID-19
 - <https://www.apna.org/i4a/pages/index.cfm?pageid=6685>
- Self-Care Tips for Healthcare Workers on the Front Lines of COVID-19:
 - <https://rogersbh.org/about-us/newsroom/blog/self-care-tips-healthcare-workers-front-lines-covid-19>
- How To Keep Remote Worker Wellbeing High:
 - https://www.gallup.com/workplace/288722/keep-remote-worker-wellbeing-high.aspx?utm_source=coaches-newsletter&utm_medium=email&utm_campaign=CertifiedCoachesNewsletterUSA_Apr_04022020&utm_content=howto-textlink-5&elqTrackId=08ba5730f504421a9502744a7b92c3f7&elq=aba66a82366048b4ba6fd43943286c45&elqaid=3661&elqat=1&elqCampaignId=803

Leader Supportive Articles:

- Working Remotely: A Guide for Leaders:
 - https://www.gallup.com/workplace/288956/covid-teams-working-remotely-guide-leaders.aspx?utm_source=coaches-newsletter&utm_medium=email&utm_campaign=CertifiedCoachesNewsletterUSA_Apr_04022020&utm_content=covidworkingremotely-textlink-3&elqTrackId=c7c7b702e4924a09817d01ac565def7d&elq=aba66a82366048b4ba6fd43943286c45&elqaid=3661&elqat=1&elqCampaignId=803
- What Employees Need From Leaders Right Now:
 - https://www.gallup.com/workplace/297497/covid-employees-need-leaders-right.aspx?utm_source=coaches-newsletter&utm_medium=email&utm_campaign=CertifiedCoachesNewsletterUSA_Apr_04022020&utm_content=covidwhatemployees-textlink-4&elqTrackId=db34a3716d9440678bf8297434935f71&elq=aba66a82366048b4ba6fd43943286c45&elqaid=3661&elqat=1&elqCampaignId=803

General Information Links and Information

- Office of the Texas Governor, Coronavirus information
 - <https://gov.texas.gov/coronavirus>
- NBCDFW Resources:
 - <https://www.nbcdfw.com/about-nbc-5/community/covid-19-do-you-need-help/2339385/>

Financial Assistance Tips

- Contact your mortgage company or lender to discuss financing options
- Several banks are offering certain financial assistance such as waiving monthly fees and penalties (Citibank, PNC Bank). Call your bank to discuss personal financing options.
- Some federal student loans are offering lowered or deferred payments, as needed (Navinet). Call your loan company to discuss financial options
- Community Action Partners: Utility Service Assistance
 - 817-392-5790
 - <https://fortworthtexas.gov/cap/energy-assistance/>
 - Complete the application found online and mail in. Wait-time is approx. 3 weeks.