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March 18, 2020

COVID-19 Resources

Your EAP is here to help



During this time of uncertainty with COVID-19, IBH remains focused on your wellbeing and health.

In addition to the resources that are available through your member portal, we are providing everyone access to a recorded webinar on [Emotional Health & Resilience: Strategies for Managing Stress, Anxiety and Fear with COVID-19](#). We have also published several new overview sheets that cover top-of-mind of topics such as managing stress, self-care, resilience and coping with anxiety. These materials are available to anyone to view and download, and we will continue to add new materials.

From all the associates at IBH, we remain strong in our vision to assist you and help you navigate through times of crisis, and every day moving forward to help you be your best.

Sincerely,

Integrated Behavioral Health
800-395-1616 | ibhsolutions.com/members

Access Your EAP Member Portal
ibhsolutions.com/members

Access Community Resources
ibhsolutions.com/resources



Toll Free: 800-395-1616
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