



Supporting Yourself and Your Family

We all know this has been a difficult time. Everyone has been forced out of their comfort zones in many ways and everyone is feeling more worried and worn out than we are used to. As we continue through this transition, please remember to prioritize taking care of yourselves. We know there are limitations, but there are still ways to give yourself extra support and to maintain some habits that give your mind and body better ability to handle stress and change. Know what support is available to you.



YOUR EAP BENEFIT



Free, confidential, short-term counseling for you and your family.

- Telephonic counseling is currently available, face-to-face appointments will be offered when safety recommendations allow.
- Call 501-663-1797 or email info@southwesteap.com to ask questions about your benefit or to set an appointment.

Online courses, webinars, articles, assessments and additional information.

- Also free and confidential, you can find information on stress management, mindfulness, communication, coping skills, parenting, work/life balance and many other topics.
- Visit southwesteap.com and login with code "sweap"

Financial/Legal templates, forms, calculators and consultations.

- The website also houses a variety of financial and legal forms, tax and budget calculators and helpful information.
- Additionally, you have access to a free 30-minute phone consultation with a legal or financial specialist if that would be helpful to you.

Talking can be helpful.

- There is a lot going on in our lives right now, sometimes it can be helpful to just speak openly about your thoughts and feelings. Acknowledging them can help. You can talk to family, friends, or a counselor, free through the EAP.