



COVID - 19

EMPLOYEE SUPPORT RESOURCES

Access a comprehensive list of online support resources for all Jackson Health System employees. As the world faces unprecedented fear and uncertainty, we believe that we are stronger together. That's why we've teamed up with the nation's most credible organizations to collaborate and provide you with the most up to date resources to help our employees address their quality of life and mental health needs during the COVID-19 pandemic.

Health & National Resources

(Click on each bullet for more information.)

- Centers for Disease Control and Prevention (CDC) website
 - COVID 19 Parent Resource Guide
 - COVID-19: Florida State Resource Guides
- Resources For Living caregiver resources (National Parent Hotline)
- When to call for help if you've been diagnosed or exposed to COVID-19 (infographic)
 - How to self-isolate in shared housing (infographic)

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MANAGING ANXIETY AND STRESS

- Managing COVID-19 anxiety and stress webinar
- Ways to relieve stress during COVID-19 webinar
- Ways to stay CALM (infographic)
- Coping with coronavirus fears
- Dealing with the unknown
- Kula for Karma Meditation & Stress Managing Tools
- Stress Reduction First Aid – The Warriror Flow Foundation



FOR PARENTS AND CHILDREN

- Helping children cope with COVID-19 (video)
- Challenges and tips for parents during COVID-19 webinar
- COVID-19: Questions & answers for teens
- Talking to kids about COVID-19
- You can be a Health Hero! (video for children ages 5-10)
- Mindful living: Setting goals (relaxation exercise for children)
- Things to do with your kids while you're home together
- Healthy habits - Children's activity book
- Charlie learns about coronavirus – Children's storybook
- Back to School? Painful Decision
- Jackson Behavioral Health's How to Cope with Your Healthcare Hero Activity Book



STAYING CONNECTED

- Staying connected during COVID-19 webinar | Transcript
- Managing relationships in today's current times (podcast) | Transcript
- Feeling lonely? You're not alone
- Things to do while staying at home infographic
- Ways to stay connected without leaving your home
- Staying connected with older adults
- What can I do to help - Ideas for volunteering

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RESOURCES FOR SELF-CARE

- The benefits of sleep
- The basics of nutrition
- Staying healthy during COVID-19
- Mindful living: Setting intentions | Transcript
- Healthy habits for emotional wellbeing
- Access MDLIVE for Telehealth Virtual Visits
- Fill your prescriptions ahead of schedule at any in-network Pharmacy.
- AvMed is waiving copays for COVID-19 testing until end of calendar year
- Resources for Living Employee Assistance Program (U: Jackson, P: Health)
- Jackson's Spiritual Care Tips
- Please know that you can join one of our grief support groups lead by our very own Pastoral Care. You can also speak to a Jackson Behavioral Health professional for a COVID-19 support session. Feel free to reach out to the Jackson Benefits team at HR-Benefits@jhs-miami.org at any time for more information or for assistance in coordinating an appointment.



RESOURCES FOR MENTAL HEALTH

- Visit the COVID-19 mental health resource hub on PsychHub
- Mental Health America Hotline
- National Suicide Prevention Lifeline
- The Jed Foundation



RESOURCES FOR COPING WITH GRIEF AND LOSS

- Ways to grieve while staying home
- Understanding and coping with grief and loss during COVID-19 (guidebook)
- Grieving a loved one during COVID-19
- Dealing with the death of a coworker from COVID-19



RESOURCES FOR MEDICAL PROFESSIONALS & CAREGIVERS

- Coping with COVID-19 for medical staff
- Mental health and post-traumatic stress disorder awareness guide
- Healthcare workers and post-traumatic stress disorder (PTSD)
- Tips for dementia caregivers (Alzheimers Association)



MANAGING WORKPLACE CHANGES

For colleagues:

- Adjusting to remote work
- Tips for working from home
- Staying resilient through COVID-19
- Dealing with the death of a coworker from COVID-19

Job loss resources:

- Coping with job loss
- Career search planning guidebook

For managers:

- Managing a remote team
- Preventing fatigue and burnout during COVID-19
- Managing grief in the workplace during COVID-19 (guidebook)

FINANCIAL WELL-BEING

Jackson has several other resources for employees who may be suffering financial hardship during these uncertain times.

- **403(b) Loans and Withdrawals.** Jackson has adopted important changes for the 403(b) plans that are permitted under the Coronavirus Aid, Relief, and Economic Security (CARES) Act. Those who qualify may withdraw some funds without penalty or defer payments on an outstanding loan. Full-time, benefits eligible, Jackson employees earning \$50,000 or less, with 1 year of continuous employment. Employees can reach out to their retirement provider(s):
- **Free Financial Counseling.** United Way @ Work offers 30 minutes of financial counseling at no cost, tax consultations by phone, referrals to community resources, and helpful articles and tools for understanding financial issues.

MUSIC, ART & FUN

Virtual Tours & Experiences (local partnerships)

- <https://psychhub.com/covid-19/>
- <https://www.youtube.com/playlist?list=PLxf85IzktYWITKcBMmgbLA4p2fTxCmQmB>

Virtual Tours & Vacations

- <https://www.louvre.fr/en/visites-en-ligne>
- <https://animals.sandiegozoo.org/live-cams>
- <https://www.metopera.org/user-information/nightly-met-opera-streams/>
- <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.1.html>
- <https://sanctuaries.noaa.gov/vr/>
- <https://www.digitalconcerthall.com/en/live>
- <https://naturalhistory.si.edu/visit/virtual-tour>
- <https://www.thechinaguide.com/destination/great-wall-of-china>



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