

## Help is Just a Click Away

Sep 23, 2020



In the wake of COVID-19, the year 2020 will certainly go down in history for events and challenges that have resulted in lifestyle changes for many of us. Companies throughout the world have realized the importance of social distancing and many have established additional safety and work-from-home protocols for their employees.

FirstEnergy implemented a number of changes to help prevent the further spread of COVID-19 and to keep everyone as safe and healthy as possible – one of which was to have employees who can complete their work remotely, work from home. We have been doing so safely and successfully since mid-March and plans are to continue working remotely where possible until at least Jan. 11, 2021.

However, the work-from-home environment comes with its own set of unique challenges.

“Although I truly appreciate and understand that the company has us working from home for our safety and that of our families, it is a struggle for me,” said **Bobbi McNemar**, senior Customer Accounting associate. “Being home 24/7 and not having face-to-face contact with my coworkers has led to a bit of depression and anxiety.”

Bobbi is not alone. Since the pandemic, there have been numerous media reports about work-from-home employees who are missing social contact with coworkers and a structured office environment.

FirstEnergy employees have a number of resources to help navigate working-from-home challenges as well as other issues related to the pandemic.

FirstEnergy partners with Beacon Health Options to offer the Life Resources Employee Assistance Program (EAP).

“We have seen a significant increase in visits to our EAP website since the COVID-19 pandemic began,” said **Tina Speicher**, manager, Benefits & Retirement Programs. “This challenging time continues to impact many aspects of our lives. The Life Resources EAP is available to help and has many resources readily accessible online on a wide variety of topics.”

This free program provides resources to assist all FirstEnergy employees – including their household members – with finding solutions to issues that may affect their life at home or work. Resources include counseling (including unlimited video counseling), webinars and articles. In addition to resources related to COVID-19, Beacon Health can provide support with other challenges that may arise during this time, such as stress, marital or family conflicts, caregiving, elder and childcare concerns, legal and financial issues and much more.

For more information, contact the EAP at 888-745-0714 or visit the [Life Resources EAP website](#). You can also [watch this video](#) to learn more about the EAP.

