

Life Resources EAP Services during the Coronavirus Outbreak



FirstEnergy partners with Beacon Health Options to offer the Life Resources Employee Assistance Program (EAP). This is a free program that offers resources to assist all FirstEnergy employees – including their household members – to find solutions to issues that may affect their life at home or work.

This program offers in-person, telephone and video counseling along with many legal, financial and work/life resources. Click [here](#) to watch a brief six-minute video that explains all the free resources that the Life Resources EAP offers.

COVID-19 Resources

Beacon Health has created a [Coronavirus \(COVID-19\) Resources page](#) on our Life Resources EAP website. This site shares information about COVID-19 and provides links to resources, educational materials and recorded webinars from the World Health Organization and Centers for Disease Control on COVID-19 topics.

COVID-19 Resources

Webinars

Below you will find links to recorded webinars that relate to COVID-19.

[Conquering Fear and Anxiety](#) (41 minutes)

[How to Keep Your Family Healthy](#) (8 minutes)

[Living in Uncertain Times](#) (49 minutes)

[Parenting and Coronavirus](#) (14 minutes)

[Thinking Traps](#) (42 minutes)

[Washing Hands](#) (5 minutes)



COVID-19 Resources **Family and Child Care**

Below you will find web resources to assist with family and childcare, including locating day care centers, family day care homes and childcare financial assistance.

<http://www.childcareaware.org/resources/map>
<https://childcareta.acf.hhs.gov/licensing>

Family Care Resources:

The websites listed below are online posting boards that help families find a nanny, babysitter, elder care, pet care, etc. These sites allow individuals to place an advertisement for a caregiver or browse the resumes of caregivers who are looking to provide a service. There may be fees associated with these services so be sure to check those details. Some sites partner with background check agencies, and services are available for an additional fee. Click on the following links for additional information:

<http://www.gonannies.com>
<http://www.care.com>
<https://www.seekingsitters.com>
<https://www.nannylane.com>
<http://www.sittercity.com>
<http://www.estatestaffing.com>
<https://nannypoppinsagency.com/>

Contact Beacon Health for additional information at www.firstenergycorp.com/liferesources or 888-745-0714.