From: Joyce DuPree
To: All Water Works Employees
Subject: FW: BHS Communications: COVID -19, Managing Stress & Anxiety
Date: Wednesday, March 18, 2020 12:56:03 PM
Attachments: Mental Health_Coping During COVID-19.pdf
EAP_Poster_2020_04_8x11.pdf
(ESP) BHS_EAP-Poster2020_04_8x11.pdf

Please see the attached BHS fact sheet regarding managing stress and anxiety in the midst of these unsettling times. I've also attached the quarterly BHS poster in both English and Spanish.

BHS is encouraging members who are currently in treatment or those who are in need of treatment to contact BHS. Our providers will be conducting both in-person and telepsych sessions during the next several months.

You can contact our EAP program at the number or website listed below:

Behavioral Health Systems, Inc.
Phone: 800-245-1150
www.behavioralhealthsystems.com
Behavioral Healthcare Programs for Business & Industry Since 1989

Thanks,

Joyce