
From: HERTZ Chaim
Sent: Wednesday, March 25, 2020 2:13 PM
Subject: COVID-19 Update No. 10 - EAP Services
Attachments: Seven Ways to Decrease Anxiety.pdf; Nine Steps to a Less Anxious Life.pdf

Hello,



First and foremost, I want to extend encouragement and strength as we all face this unprecedented time together. I know that we are all facing challenges as to how to respond to the current pandemic. As the recommendations and guidelines change daily, Cascade Behavioral Health & EAP are responding accordingly. Cascade EAP is still seeing clients but they are reducing their in person visits as much as possible and moving to telephone or telehealth visits. New clients can still schedule appointments, and existing clients can move to telephone or telehealth. I have

attached a few handouts from Cascade EAP to this email, intended to help us cope with anxiety. I also highly encourage you to reach out to EAP as needed. They can be reached at **(541) 228-3000**

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