

COVID-19

Childcare and Eldercare

Health Advocate Can Help



Let Health Advocate **do the legwork for you**



We can take the burden off of you by researching what is available for both childcare and eldercare needs



Provide materials and support links for fun activities and learning opportunities to do with kids at home



Discuss emotional well-being and additional supportive resources as needed, such as our online links, articles, webinars, and tips for getting through this challenging time



Provide information and resources to help deal with financial setbacks, job loss/furlough, preparing for returning to work, and more

Feeling overwhelmed?

Reach out to a licensed professional counselor. Your counselor will listen and offer coping strategies to help with stress, depression, anxiety, grief, loss and other issues.

If needed, you will be referred to an appropriate professional for more in-depth help. In a crisis, help is available 24/7.