



# Town of Walpole

## Commonwealth of Massachusetts

### HUMAN RESOURCES

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### Employee Assistance Program and Mental Health Resources

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During times of uncertainty anxiety is understandably high as we learn more about the spread of this disease. Times of social distancing may also serve as a trigger for those who suffer from underlying mental health conditions. Children may also develop fears and anxiety due to the state of emergency. The Town would like to provide the tools for employees who may experience a mental health emergency or need additional support during this time. Talking through concerns and sharing your fears can help you put them in perspective and feel calmer.

- Your Employee Assistance Program (EAP) is available 24/7 to offer support to you and your household members. Please call the MIIA EAP Program at: **800-451-1834**.
- The CDC is constantly updating their website on how to manage stress and anxiety during this time please feel free to check for updates and tips at:  
<https://www.verywellmind.com/managing-coronavirus-anxiety-4798909>  
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- People with preexisting mental health conditions should continue with their treatment plans during an emergency and monitor for any new symptoms. If additional support is needed, please reach out to the Substance Abuse and Mental Health Services Administration's (SAMHSA's) **Disaster Distress Hotline: 1-800-985-5990** or text **TalkWithUs to 66746**  
*\*Please note: if you are in a life threatening mental health situation please contact your local emergency personnel.*
- The Federal Substance Abuse and Mental Health Services Administration has an online locator to help people find counseling or rehabilitation services near where they live at: <https://findtreatment.samhsa.gov/locator>
- When parents, guardians or those who serve as caregivers deal with the COVID-19 calmly and confidently, they can provide the best support during this time. Please visit the links below for additional information:
  - <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>
  - <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>
  - <https://www.cnbc.com/2020/03/13/how-to-talk-to-older-adults-who-arent-taking-coronavirus-seriously.html>
  - [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

The Town will continue to work hard to keep all employees healthy during the impact of the COVID-19 outbreak. Please contact Town Administration, Human Resources Department or your supervisor with any questions or concerns in relation to getting Mental Health Support and Treatment during this time.

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