



During the State of Emergency due to COVID-19, the State of Pennsylvania has allowed behavioral health counseling providers the option of using *teletherapy for short-term counseling sessions*. **WellSpan Employee Assistance Program** has identified over 50 providers that are able to facilitate this type of counseling session.

If you are interested in accessing a provider via teletherapy:

- Visit www.WellSpan.org/EAP and choose **Teletherapy** on the **Provider Search Tool** under **Specialty**
- Add your **ZIP code** and click **Search** and providers offering this service will be listed
- Call a provider directly, let them know **the company you work for**, and ask to schedule an EAP counseling appointment using **WellSpan EAP**

If you are already seeing a provider for EAP counseling and have questions about continuing services given the current COVID-19 situation, please contact your provider directly to discuss a plan on how you can proceed with EAP sessions.

Please note, for some providers, this may be a temporary service during the State of Emergency.

We are continually adding new providers to this list. If there are any questions, our team is here to offer support and guidance at **1-800-673-2514, M-F from 7:30am to 4:30pm.**

Visit www.WellSpan.org/EAP for additional resources – click on the **Red COVID-19 Link** which offers trusted sources providing helpful support for maintaining good self-care during this pandemic. Practicing daily self-care in a variety of ways is proven to help maintain a positive and resilient outlook. Even simple acts like staying hydrated throughout the day and taking a moment for a few deep breaths can be very beneficial.

On behalf of the WellSpan EAP Team, we realize this is an emotionally trying and stressful time. It will be through supporting one another that we will get through these challenges. We want you to know that through it all we are here for you.

WellSpan's Employee Assistance Team

800.673.2514

www.WellSpan.org/EAP