

Virtual Cooking Demo
Wednesday, April 22 at Noon

Register: [Click here to sign up](#)

Check your junk e-mail folder for registration details from Tina McDermott.



OHRM

Office of Human Resources Management

Employee Update – April 21, 2020

The Office of Human Resources Management (OHRM) will issue periodic updates to Prince George's County Government employees during the reduction in government operations and the Coronavirus Disease 2019 (COVID-19) pandemic. In each *Employee Update*, you'll find information and tips from OHRM, the latest COVID-19 information, and additional tips to support you.

Keep Informed:

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| Employee Info from Human Resources | County Updates on COVID-19 | Tweets from the County Executive | Tips and Info for Working Remotely |
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3 Things You Should Know About:

Your Employee Assistance Program



1

There are online resources available at no cost to you.

Your Employee Assistance Program (EAP) is currently provided by KEPRO. The EAP has several online resources that provide information related to emotional resiliency, coping with crisis, dealing with stress, relaxation techniques, and healthy living tips to optimize immune strength. There are also online trainings to help identify and acknowledge emotions you may be experiencing specific to the COVID-19 pandemic.

2

Let the EAP do the research for you.

3

The EAP is available 24 hours a day, 7 days a week.

- **Need child/elder care services?** The EAP can help find services for employees who have an immediate need. They will help identify the closest resource to your specific request.
- **Need financial assistance?** Receive a 30-minute free phone consultation with a qualified financial consultant to discuss budgeting, debt and credit management, and much more.
- **Need legal services?** Receive a 30-minute free phone consultation to discuss basic legal questions and simplify the process for obtaining legal help with a variety of legal concerns.

- **Website:** www.eaphelplink.com
- **Company Code:** PRINCE GEORGES
- **Toll Free Number:** 1-877-334-0530

Your Daily Distraction from Level Up

Looking for a pleasant distraction today? Look no further. The following distractions were provided by the team behind your employee wellness program, [Level Up](#).

- **Listen:** *Tripped Out Slim* by Trombone Shorty ([YouTube](#))
- **Watch:** Wildlife around the world ([Link](#)).
- **Do:** How to Make Raw Pecan Tacos with Tabitha Brown ([YouTube](#))

Office of Human Resources Management

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