

# THESE ARE EXTRAORDINARY TIMES

The **CORONAVIRUS PANDEMIC**  
has us all

# STRESSED OUT



If you are

feeling **overwhelmed, anxious**, having  
**difficulty concentrating**, or any other **mental health issue...**

**PLEASE REACH OUT FOR ASSISTANCE**

## HCAMS

Healthcare Assistance with Member Support (HCAMS) offers a **confidential, no-cost** Employee Assistance Program to all members and their families 24/7

**888.828.7826**  
**unionsupport.org**

## FHEHealth

Our tollfree number is available 24/7 to address issues on a **confidential** basis.

**888.613.5321**  
**FHEHealth.com**

## NYC WELL

You will be able to text, call or chat online with a mental health specialist.

You will also find a link to COVID-19 Digital Mental Health Resources

**nycwell.cityofnewyork.us**

Available to both public and private sector members