Northwestern Medicine

Perspectives

TAKING CARE OF YOURSELF DURING COVID-19

Northwestern Medicine Cares about your wellness. We realize that COVID-19 raises new emotional and psychological anxieties, stressors and fears that can impact our work and personal lives. The EAP is confidential, available for you and your loved ones and has telehealth counseling appointments available from your home.

Contacting the EAP

To schedule a phone or videoconference appointment with an EAP Counselor:

call **800.456.6327** toll-free to reach our 24/7 Access Center

email **info@perspectivesltd.com** (please include your Name, Phone Number, & job position) for an appointment

Click here/Log in to your WorkLife Online Portal for access to articles, child care databases, resources on resilience & many more helpful resources.

Live Chat with a counselor (either click the "live chat" button in the bottom-right corner of your company features' page or use the "Tap for Chat" button in the Spark App)

Spark Perspectives App

The Spark Perspectives **App** is available to all EAP users and can help you to access important articles about stress, make an appointment with a counselor, and more. Scan this QR code to download:

Available on the App Store

GET IT ON Google Play

Online Resources and Webinars

perspectivesltd.com
USERNAME: NMG500
PASSWORD: perspectives

We are also featuring two webinars. "Taking Care of Yourself During COVID-19" is available on the features page of your WorkLife Online Portal, and "COVID-19 Facts You Need to Know" is available on our website.