

MENTAL HEALTH MEETING MANAGER TOOLKIT

ENCOURAGING SELF CARE



1

Prepare for the Conversation

- Print and post the Employee Assistance Program (EAP) Poster in English and Spanish where employees can see it.
- Watch the five minute [COVID-19 Mental Health video](#) so you are familiar with the content.
- Print “Where to Get Help” information on page 2 and distribute to each employee.

2

Host the Conversation

During a pre-shift meeting this week, acknowledge the stress associates may be experiencing and share information on available resources. If you think it is appropriate and have the technology to do so, show the [COVID-19 and Mental Health video](#). If not, encourage employees to watch the video via the QR code.

Things to Say

- With the pandemic having gone on for months, I am sure many of us are experiencing higher levels of stress over concerns about our own safety as well as the safety of families and friends.
- Many of us may also be experiencing loneliness since we cannot see all of our loved ones.
- If anyone needs support, we encourage you to take advantage of our free EAP Program.
- Information about EAP is posted [tell them where] and directly on your handouts.
- I want to thank you for everything you do for this team and for Aramark.
- Please let me know if there is any way we can support you. We’re all in this together.

3

Offer Ongoing Support

Now that you have set the stage, keep communication channels open:

- Check-in regularly and show empathy
- Offer flexibility and be inclusive
- Model healthy behaviors

**For further questions contact your HR Representative.
For Union Associates, consult with Labor Relations.**

Where to Get Help



Access Your Employee Assistance Program (EAP).

EAP is free and available not only to you, but to any member of your household.

- Go to myCigna.com to register and login by using Employee Code: aramark
- Or call: 888-636-6717

Get Immediate Help

- Call the National Suicide Prevention Hotline:
800-273-8255

COVID-19 and Mental Health

Watch This Video During or After Your Team Meeting.

- Scan this QR code to access the [COVID-19 and Mental Health video](#)



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¿Dónde Buscar Ayuda?



Accese su programa de asistencia para el empleado (EAP).

EAP es gratis y esta disponible no solamente para ti, si no para cualquier miembro de tu casa

- Vaya a myCigna.com para registrarse y/o iniciar usando el código de mpleado: aramark
- O llame: 888-636-6717

Obtenga Ayuda Inmediata

- Llame a Línea de Ayuda Nacional de Prevención de Suicidio: 800-273-8255

COVID-19 y Salud Mental

Vea este video durante su reunión de equipo

- Escanee este código QR para acceder el [video de COVID-19 y Salud Mental](#)



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