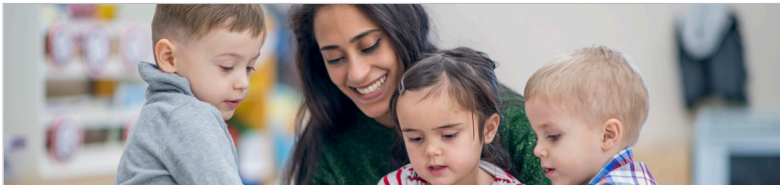


# Taking Care of You

Your guide to Northeastern resources available to you right now.

COVID-19 has added a layer of complexity to life and work that can be a struggle. If you or a member of your family needs a little extra support, we've got resources to help your mind and spirit. Whether it's sharing your worries with a licensed clinician in a moment of stress, accessing help with an elderly parent, or connecting with health and wellness experts to help your new year start right, we have you covered.



### When you need help at home—Care.com

Make life work easier for you. With Care.com [Expert Assistance](#) you can connect with someone to help you find the right resource for you. To get started visit Northeastern's [Care.com portal](#).



### BetterHelp online counseling made easy

Wherever you are, BetterHelp is there for you, with telehealth counseling via email, text, or video chat. Just visit [BetterHelp.com/newdirections](#) to complete the registration and locate a therapist online. This is available to all Northeastern employees. Just download the app and get started using **Company Code: Northeastern University**.



### HELPING YOU HELP YOURSELF

Check out [Learn to Live](#) for online, self-directed programs, tools, and resources created through cognitive behavioral therapy. Enrollees of Blue Cross Blue Shield (BCBS) can simply sign into MyBlue, then click **Online Mental Health** under **My Plan and Claims**.

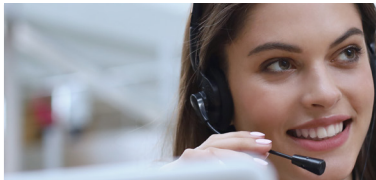
Dear Colleagues,

None of us have remained untouched by the challenges of the COVID-19 pandemic. It has stretched us in many ways, perhaps most especially from a mental health perspective. Weighed down with worry, we are each managing the challenging complexities of daily life and personal loss.

It's important that we take care of ourselves and reach out for support when we need it. This guide is designed to offer a number of resources and tools available to you and your family as we move forward through this uncertain time. I sincerely hope that if you are struggling, you take advantage of the resources you are eligible for here.

Sincerely,

Michele Grazulis  
VP & CHRO



### No cost support when you need it

Did you know that you and your family have confidential tools, resources, and support 24/7 at no cost to you? You or a family member can speak with a licensed clinician whenever you need it through [EAP New Directions](#) at 800-624-5544 **Company Code: Northeastern University**.



### Looking for holistic resources?

We can help. You can access a range of mind and body wellness offerings at up to 30% discount. MyBlue.com offers a range of providers for BCBS enrollees, for everything from yoga, tai chi, and acupuncture, to nutrition counseling to massage therapy. Just [visit the site to find out more](#).

Everyone needs help now and then.

If you need support, please reach out directly to:

New Directions: 800-624-5544 | Blue Cross Blue Shield: 800-348-7921 | Care.com: 855-781-1303





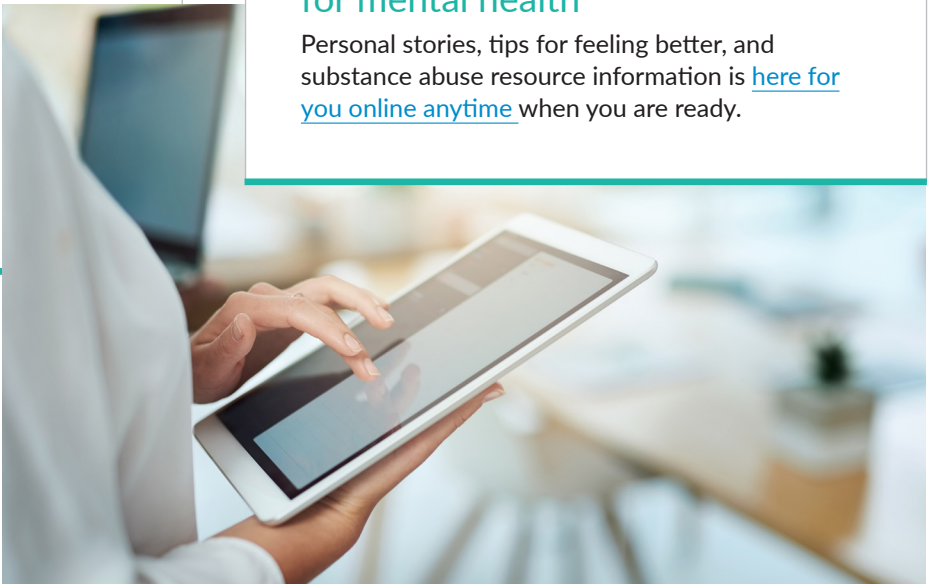
What are your options?

Want to know what’s available for you through Blue Cross Blue Shield’s My Blue? From substance abuse help to self-guided cognitive behavioral therapy tools and access to local mental health providers, there’s much available to you [here](#).



Online articles, tips, and resources for mental health

Personal stories, tips for feeling better, and substance abuse resource information is [here for you online anytime](#) when you are ready.



Telehealth at your fingertips

If you’re on Northeastern’s health plan, then you have access to telemedicine via Blue Cross Blue Shield’s partner **Well Connection**. With it, you can connect via phone or video chat, with licensed therapists, psychiatrists, or medical doctors during business hours. Just download the Well Connection app or go to [wellconnection.com](#) to get started.



Make mindfulness your own

Practicing mindfulness can reduce stress, increase resilience and improve your performance. Whil is a leading training solution integrated seamlessly into your Virgin Pulse membership. Just go to the [Virgin Pulse login page](#) and log in with your Northeastern ID.



SOMEONE AT HOME STRUGGLING?

It’s hard to watch someone you love struggling with mental health. If you’re concerned about someone you care about, [learn more](#) about signs that they may need mental health support, and tips to guide them to the right care.



Guiding your people in the right direction

This [EAP orientation for managers](#) will help leaders at all levels provide the resources and support your people need.



Northeastern health and wellness resource

Find the university’s latest on [health and wellness resources](#).

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