

YOU ARE NOT ALONE.

Supportive Spaces for NYC Employees

NYC

The COVID-19 public health emergency and experiences of injustice has taken its toll on our City, leaving many feeling overwhelmed, sad, anxious, and afraid. WorkWell NYC, EAP and OATH want you to know that you are not alone. Together, we are offering spaces for employees to discuss, share and heal. **These are safe, supportive spaces, developed with you in mind.**



Employee Assistance Program (EAP)

eap@olr.nyc.gov | nyc.gov/eap

EAP offers City employees and their dependents a helping hand through counseling, education, information, individualized referrals and remote support groups to assist with a wide range of personal and social problems. For other program offerings, contact EAP directly. Weekly remote support groups occur at 8PM:

- Relaxation Techniques: Mondays
- Grief and Loss: Wednesdays
- Support Group in Spanish: Thursdays
- Resiliency: Fridays



WorkWell NYC

workwell@olr.nyc.gov | nyc.gov/workwellnyc

WorkWell NYC, the City's worksite wellness team, has developed a Stress Busting Series, designed to help employees build resilience and focus on self-care practices. Classes can be tailored to your unique needs, including time of day and class size if desired. Current offerings:

- Self-massage
- Meditation
- Facilitated Virtual meetups (fostering connection and conversations)



Center for Creative Conflict Resolution at OATH

mediationcenter@oath.nyc.gov | www.nyc.gov/oath

The Center for Creative Conflict Resolution's (CCCR) at OATH is facilitating Restorative Practice Support Circles facilitated by trained Circle Keepers. Circles are used to create spaces of respect and reflection and respond to complex problems. Circles also offer a space to process personal challenges, grief and pain due to the challenges of the last several months. Space is limited to 10 people or less. Weekly Circle times:

- Wednesday from 2:00-4:00PM
- Friday 10:00-12:00PM

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Electronic Resources



AVAILABLE AT [NYC.GOV/EAP](https://nyc.gov/eap)

- Stress relief videos (watch [here](#))
- Takeaways: Talking to Kids - Coronavirus, Intimate Partner Violence, Finding Calm in a Crisis, Isolation and Loneliness, Know the Signs of Depression, Mindfulness, Suicide Prevention, Improve Your Sleep, Teen Substance Abuse, and more.



AVAILABLE AT [ON.NYC.GOV/WELLNESSANYWHERE](https://on.nyc.gov/wellnessanywhere)

- Videos (watch [here](#)):
 - Mental Resilience: Infinite Possibilities Resilience: Cultivating resilience within yourself and staying positive during periods of uncertainty.
 - Ending Stigma at Work: Dispelling Mental Health Myths - Dispelling myths about mental health, ending stigma in the workplace, and creating culture of change.
 - Financial Fitness: Relevant financial information, resources available to City employees, and other tips to boost your financial health during COVID -19.
- Mental Health Toolkit: on.nyc.gov/LetsTalkToolkit