

# COVID-19

## Employee Resources

### Free Resources

# 1

**Crisis Text Line:**

Provides access to free, 24/7 support and information in *any type of crisis*. To get started, text HELLO to 741741

# 2

**Stop Breathe and Think:**

Free on iOS and Android with subscription content. A meditation and mindfulness app to help with anxiety and stress during this uncertain time.

# 3

**Peloton:**

The popular workout program is offering a 90-day free trial period featuring instructor led workouts for strength, bootcamp, meditation, yoga, dance, and outdoor running.

## Employer Resources: Anthem Employee Assistance Program

Anthem EAP is a program available to you and your family at no charge. This program offers access to confidential professional support 24 hours a day, 7 days a week. Call 1.800.865.1044 to reach one of their qualified counselors. You may also reach out via their website: [anthemeap.com](http://anthemeap.com), Login: Xavier University

Additional EAP Resources:

Seminars on COVID-19 related topics (available on the EAP website)

Live Mindfulness Sessions (ask HR for details)

