



HELPING YOU EVERY
STEP OF THE WAY

Greater Cleveland RTA's Employee Assistance Program (EAP)
is Here to Help!



During these unprecedented times, feeling anxious, scared, or worried can be very common emotions. We encourage you and your family members to reach out to our EAP program for any mental health support you may need. This support is **free** to you and family members in your household.

Moore Counseling and Mediation Services is available 24 hours a day, 7 days a week, to help you every step of the way. Due to the COVID-19 pandemic, we are not offering on-site counseling or massage therapy. Employees are still able to schedule a counseling appointment or talk to a mental health professional over the phone. We also encourage you to explore their website for additional information and support.

Employee Assistance Program Contact Information

Moore Counseling and Mediation Services

Phone: 216-404-1900

Website: <https://www.moorecounseling.com/>

Helpful Tips from Moore Counseling and Mediation During the Coronavirus Pandemic

- Establish a schedule/routine for when at home (work, schooling, etc)
- Find rituals you can enjoy (online church, family dinners, outside time, etc)
- Take care of yourself physically, mentally, emotionally, spiritually
- Limit time watching the news. Find 2-3 reliable news sources and stick to those. Pick a certain time of day to watch the news.
- Remember social distance not social isolation. As humans, we still need contact with other humans (phone, video chat, or even writing letters).
- Caregivers need to avoid burnout due to taking care of everyone but themselves.

If you would like any additional information about the EAP program, please contact Katie Pavliga in Benefits at 216-356-3222 or at Kathryn.pavliga@gcrrta.org.