



CLEMSON UNIVERSITY EMPLOYEE  
ASSISTANCE PROGRAM

# HOW THE EAP CAN HELP YOU DURING COVID-19

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AWARE Stress based reduction webinars:

- Keep Calm and Carry On: Maintaining Your Composure Amidst the Pandemic Panic  
<https://register.gotowebinar.com/recording/4923622270961351949>
- Maximizing Your Day: Effective Time Management  
[https://goto.webcasts.com/starthere.jsp?ei=1257379&tp\\_key=36dbac9ca4](https://goto.webcasts.com/starthere.jsp?ei=1257379&tp_key=36dbac9ca4)
- Virtual Roundtable—Transforming to a Virtual Team Overnight: How to Adjust to Remote Management  
<https://register.gotowebinar.com/recording/5616097992977947649>



Counseling:

- Clinical staff to provide virtual or telephonic referrals for counseling
- Work/life specialist to assist with referrals for child care and support groups

**LEARN MORE ABOUT CLEMSON'S EAP PROVIDER, DEER  
OAKS, BY VISITING:**

[WWW.CLEMSON.EDU/HUMAN-RESOURCES/EAP](http://WWW.CLEMSON.EDU/HUMAN-RESOURCES/EAP)