



April 8, 2020

Dear City Employee,

What we are currently experiencing with COVID-19 is unlike any other challenge we have seen in our lifetimes. We are all responding to this global pandemic in different ways. Some of us may be feeling stress and anxiety. Others might be experiencing loneliness and depression. All of these feelings are natural, especially with so much uncertainty and disruption in our day-to-day lives.

I care deeply about the health and wellbeing of all City employees, and I want you to know that we are here to help you with whatever you may be experiencing. Today, I want to share some information about the resources that we have for you that we hope will help you get through this difficult time.

As you may know, the San Francisco Health Service System Well-Being Team operates an Employee Assistance Program (EAP), which is dedicated to significantly contributing to a healthier work environment and employee well-being. EAP offers a variety of confidential counseling, consultation, coaching and education services.

Starting this week, we are providing additional employee counseling services for all City and County of San Francisco employees. EAP will now provide **24/7 access** and **one-on-one counseling** for all employees. If you need additional assistance following your phone call with an EAP counselor, they can help you connect to long-term mental health counseling through the City's health plan partners—Kaiser, Blue Shield of California and United Health Care.

As challenging as this experience is, it's important that we take the time to take care of our mental and physical health. The Well-Being Team also has helpful resources and tips to help you and your family during this pandemic. This includes resources for emotional and mental health; physical health; resources for parents and families; and tips for healthy eating.

For more information, go to: <https://sfhss.org/eap>. To schedule an appointment or inquire about EAP services, please call [\(415\) 554-0610](tel:4155540610) or [\(800\) 795-2351](tel:8007952351).

Over the past few weeks, I have been inspired by the resiliency of our City employees. You are continuing to work, day in and day out, to keep our City running and I am grateful for your service. I know it isn't easy, but I hope these expanded resources help you through these stressful times. We are here to support you, and we will get through this together.

Sincerely,

A handwritten signature in blue ink that reads "London Breed".

Mayor London N. Breed