



Help Starts Here.

Washington State Employee Assistance Program

On August 9, 2021, Governor Inslee issued [Proclamation 21-14, COVID-19 Vaccination Requirement](#). In response, the Washington State Employee Assistance Program (EAP) provides the below resources to you as you navigate the impact of the proclamation.

Some Suggestions for the Days Ahead

The below suggestions may help, if you experience difficult emotions in the coming days.

- Acknowledge your thoughts and feelings
- Identify what is and not in your scope of influence
- Attend to the things in your scope of influence
- Set boundaries around social media and news consumption
- Minimize toxic interactions
- Seek out and use supportive resources
- Eat healthy foods
- Be physically active
- Get sleep

Washington State Employee Assistance Program (EAP) Resources

For state employees and employees at our contracted public employers, the EAP provides assessment, short-term counseling and referral services and numerous [resources](#) to promote you and your adult household members' well-being. Visit [our web site](#) to learn more about accessing these services.

For supervisors, managers, executive leadership and human resources personnel seeking assistance in supporting others, contact us at (877) 313 – 4455 to request a management consult.

Live Webinars

In the month of August, the EAP is offering two live webinars to support public employees as they navigate transitions to a new work life.

- Transitioning into the New Work Life: Strategies for Responding to Change
- Transitioning into the New Work Life: Creating Psychological Safety in Work Teams

For a detailed webinar description, a list of dates and registration links, please visit [Webinars](#).

On-Demand Webinars

The EAP has a library of on-demand webinars hosted on YouTube to support employees as they

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Contact us today at **877.313.4455** or [eap.wa.gov](#)



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navigate the challenges of COVID-19.

For all employees:

- [How to Build Resilience When Your Job Involves Helping Others in Crisis](#)
- [Navigating Change in Challenging Times](#)
- [Self-Care with the Washington State EAP](#)

For supervisors, managers and HR

- [Leading the Human Side of Change](#)
- [Leading Teams and Supporting Employees through COVID-19](#)

For parents/caregivers

- [Parenting and Family Challenges: Helping Yourself and Your Family through COVID-19](#)

Visit the [Webinars](#) page for a list of all live and on-demand webinars.

Workforce Learning and Performance (WLP) Resources

Leading people and managing change is challenging. Navigating change with perspective and resilience is important for all employees. Consider some of the learning and development solutions provided by [Workforce Learning and Performance](#), including the on-demand and virtual instructor-led learning listed below.

Also note: in fall 2021, WLP plans to offer Leading Remote and Hybrid Teams. In this virtual instructor-led workshop, supervisors will learn best practices for leading remote and hybrid teams as well as brainstorm new ideas with their peers. Workshop information and registration information will be coming soon.

Contact traininginfo@des.wa.gov for more information.

On-demand Learning

- [Crucial Conversations](#)
- [LinkedIn Learning](#)
 - [Managing Organizational Change for Managers](#)
 - [Change Management Foundations](#)
 - [Having Difficult Conversations: A Guide for Managers](#)

Virtual Instructor-led Learning

- [Virtual Instructor-led Learning](#)
- [Interpersonal Communication Classes](#)
- [Leading Others Course](#)

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- [Leadership Workshops](#)

Online Learning Resources

- WLP offers a robust catalog of curated [online learning resources](#) organized around the paths of [leadership](#) and [well-being and support](#).

Statewide, County, City and National Resources

- [Healthy Washington - Roadmap to Recovery Guide for State Agencies](#) (PDF), Office of Financial Management (OFM)
- [Washington State Department of Health](#)
 - [Vaccine Information](#)
 - [Testing for COVID-19](#)
 - [You and Your Family](#)
 - [Workers](#)
- [County, City and Town Web Sites](#), Access Washington
- [COVID-19](#), Center for Disease Control and Prevention (CDC)

Parent, Caregiver and Pet Owner Resources

- [COVID-19 Guidance & Resources](#) for schools, students, and families (OSPI)
- [School Guidance](#), Washington Federation of Independent Schools
- [K-12 COVID-19 Requirements 2021-2022 School Year](#), (DOH)
- [Caregiver Resources](#), Washington State Department of Social and Health Services (DSHS)
- [Training Your Pets for the Return to Work](#), CNN
- [Separation Anxiety, Your Dog and the Return to Work](#), American Kennel Club (AKC)
- [Preparing Pets for Your Return to the Office](#), Society of Human Resources Management (SHRM) * SHRM membership might be required for access to content

Mental Health and Crisis Resources

- [A Mindful State](#), "a unique collaboration between the Washington State Department of Health, civic leaders, nonprofit organizations, healthcare providers, leading experts in mental health"
- [National Suicide Prevention Lifeline](#) – call (800) 273-8255
- [Crisis Text Line](#) – to Connect with a Crisis Counselor, text "HOME" to 741741
- [Washington Recovery Helpline](#) (for mental health, substance use or gambling challenges)
- [County Crisis Lines](#) (available for all people in Washington, regardless of income or

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