



# Practicing Resiliency Through the Pandemic

In response to the growing social distancing measures to reduce the community spread of COVID-19, ESPYR is making virtual support groups available for Library of Congress employees.

## Virtual Support Group Information

- ESPYR support groups are tailored for all employees
- The session will be 30 minutes in length
- Sessions will be held on Thursdays from 12 pm to 12:30 pm EST starting 4/30/20.
- This resource is completely voluntary

## How to Access the Virtual Support Groups

- Webex will be used as a HIPAA compliant platform
- Please use this link to join:  
[https://locgov.webex.com/locgov/j.php?  
MTID=me76cdae24b98b3d0f9d08ec0d652f7c5](https://locgov.webex.com/locgov/j.php?MTID=me76cdae24b98b3d0f9d08ec0d652f7c5)
  - Meeting access code: **901 990 307**
- Or, join by phone: **510-210-8882** Access code: **901 990 307**
- No registration is required

## Common Questions or Topics that Could be Addressed in this Group

- Coping strategies to deal with uncertainty, anxiety, and stress related to COVID-19
- Strengthening social support networks in times of social distancing measures
- How to talk to children about COVID-19
- How ESPYR can help

Please be reminded that our specialists are trained and educated to help callers deal with the emotional impact of COVID-19. Our guidance will always be around the mental health and well-being of our customers, and we will therefore remind people to contact or reference the experts at CDC for physical health-related information.

**ESPYR is here to help!**

**For more information, contact us 24/7/365**  
**Phone:** (800) 869-0276 | **Online:** visit [www.espyr.com](http://www.espyr.com)

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