

We've been asked by several employees for mental health resources to deal with the fear and anxiety caused by the COVID-19 crisis. Here is an option for support you can get at home!

# Mental Wellbeing Support

OMG has partnered for several years with Rob Robinson, a Clinical Member of the American Association For Marriage and Family Therapy, on wellness initiatives including stress management. Rob is the Founder of **Family Care Counseling Associates, Inc. (FCC)**, one of the largest private practice mental health provider groups in Western Massachusetts.

FCC has **tele-counseling** available to OMG employees on a HIPPA-approved platform. To make a tele-counseling appointment please call 413-596-6922 and ask for either Carolyn or Mary. Have your insurance information and ID number available (this will be billed as an in-office visit per your insurance plan). **YOU DO NOT NEED A REFERRAL FROM YOUR PCP.**

**Don't forget: You also can reach out to our Employee Assistance Program (EAP) for free support:**

- [www.lifeworks.com](http://www.lifeworks.com)
- user ID: Steel
- password: eap



**CHECK OUT FAMILY CARE COUNSELING ASSOCIATES AT [WWW.FCCAINC.COM](http://WWW.FCCAINC.COM)**