

Employee Assistance Program *Tip Sheet*

Manager's Guide to Supporting Employees During & After Elections

2024 NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
				
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Election periods have been found to be a significant source of stress for adults living in the U.S. Political anxiety can be experienced in the period leading up to the election, during, and after. This tip sheet is designed to offer resources to managers to support employees during this time.



- 1. Distribute Informational Materials.** Managers can distribute the tip sheet entitled *Managing Election-Related Stress and Anxiety*. These tools will help to assist employees with managing any fear, anger, or anxiety they may have about the election. Managers may also find these materials helpful for their own personal use.
- 2. Access the EAP's Manager Consultation Service.** This unlimited benefit is offered to managers who may wish to learn about the EAP's many services and to discuss leadership actions they can take to support the emotional wellbeing of their team. Acentra Health's seasoned licensed behavioral health professionals are available to provide guidance related to ways to support particularly distressed employees. Simply call the phone number below and identify yourself as a manager requesting a consultation. We will guide you through the process.
- 3. Encourage the Use of the EAP for Employees in Distress.** As a leader, your suggestion that a distressed employee voluntarily use the EAP can be very influential. Should an employee express stress and anxiety related to the election or another issue, you can remind them that the EAP offers 24/7/365 no-cost, confidential support and counseling.
- 4. Request a Training or Support Group for Your Team.** There are times when offering an educational training related to managing stress and uncertainties can be helpful. Connect with Acentra Health today to discuss this option and arrange for service by calling the toll-free number below.



Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE:
1.833.539.7285

WEBSITE:
sowi.mylifeexpert.com
Code: SOWI

