



WORLD MENTAL HEALTH DAY 2020

This year's World Mental Health Day comes at a time when we need it most. Our lives have changed significantly as a result of COVID-19. The past months have brought many challenges for everyone around the world, especially for people with mental health conditions that are experiencing and coping with the outcomes of this pandemic. Just as it has been extremely important to take care of our physical health, so we can perform the serious task of being a security professional, it is equally important to focus on our mental health.

With the current state in our nation between the continued fear of COVID-19 and now civil unrest, this can take a serious toll on our mental health. The need for social distancing, stay at home mandates, and limits to social gatherings can lead to feelings of isolation, depression, and added stress. Instead of allowing this feeling of isolation to add stress to your life, try to focus on things that can lead to positive experiences in your life. Try a new hobby, reading, writing, meditation, exercise etc; this is a great time to start something new and any of these suggestions can be great stress relievers and help improve your mental health. However, if you feel the need to speak with someone professionally for a little help, FCS offers two services to our employees at no cost.



The First Coast Security Helping Hand Fund is designed to assist our employees who are experiencing temporary financial hardships due to a catastrophic event. This program is fully funded by FCS for the care and consideration of our employees due to experiencing hardships that are beyond their control.

Eligibility

1. Must be a regular employee of First Coast Security.
2. Work at least 20 hours per week.
3. Have a minimum of one year of service.
4. Must not have any disciplinary actions against him/her that resulted from violating any First Coast Security policy within the past 12 months.

Application Process

1. Print or request an application.
2. Complete all required fields and attach requested supporting documentation.
3. Submit application and documentation to FCS Corporate Office

A full list
of requirements
and FAQs
can be
found
in EHub.

EMPLOYEE ASSISTANCE PROGRAM (EAP)



First Coast Security has partnered with Lincoln Financial Group to bring our employees EmployeeConnectSM which offers professional, confidential services to help you and your loved ones improve your quality of life. EmployeeConnectSM offers confidential help 24 hours a day, seven days a week for employees and their family members. Get help with: Family, Parenting, Addictions, Emotional, Legal, Financial Relationships and Stress.

IN-PERSON GUIDANCE

Some matters are best resolved by meeting with a professional in-person. You and your family with in-person help for short-term issues and in-person consultations.

UNLIMITED 24/7 ASSISTANCE

You and your family can access services anytime online, on the app or with a toll-free call.

ONLINE RESOURCES

EmployeeConnect offers a wide range of information and resources you can research and access on your own. Expert advice and support tools are just a click away when you visit their mobile app.

LICENSED COUNSELORS

When you call the toll-free line, you'll talk to an experienced professional who will provide counseling, work-life advice and referrals. All counselors hold master's degrees, with broad-based clinical skills and at least three years of experience in counseling on a variety of issues. For face-to-face sessions, you'll meet with a credentialed, state-licensed counselor.

For more information on these resources, you can log into Ehub or reach out to the Director of Human Resources, Christine Cumming.
ccumming@fcssecurity.us