



# City of Brockton

## Human Resources

**ROBERT F. SULLIVAN**  
Mayor

**SANDRA KNIGHT**  
Director of Human Resources

### MEMORANDUM

**To:** All City Employees  
**From:** Sandra Knight, Director of Human Resources  
**Date:** March 20, 2020  
**RE:** Employee Assistance Program (EAP)

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As coronavirus (COVID-19) news spreads, it has created stress for many of us. For others, it has added to existing anxieties which may be understandably high as we are learning more about the spread of this disease.

The coronavirus is a reality. It is in the news and on our minds. We do not have control over it, but we do have control over how we respond, emotionally. If you are struggling with feeling stressed about this, support is available.

Mayor Sullivan and I wish to remind you that AllOne Health, the City's Employee Assistance Program (EAP), provides a level of 24/7 concierge-style services that sets the standard, along with in-person and online resources. Services are available to all City Employee and families of City employees who are living in the home. This includes if you are caring for a parent(s) who does not live in the same home, we encourage you to contact EAP on their behalf, if needed. EAP representatives are available if you need someone to talk to about your individual concerns. All calls are kept confidential.

You can find them online at [www.allonehealth.com](http://www.allonehealth.com) or via telephone: (800) 451-1834 or email at [inquiry@allonehealth.com](mailto:inquiry@allonehealth.com). AllOne Health is also available via mobile device. You can download the app by simply visiting <https://mylifeexpert.com/login> or scan the QR Code below.



Use Company Access code: brockton

If there are any questions in regards to the above information or if you need further assistance please contact Human Resources at (508) 580-7820.

*“City of Champions”*

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