



To: Faculty and Staff  
From: Dawn Howard-Bailey  
Date: April 6, 2020  
Subject: EMOTIONAL RESOURCES AND SUPPORT

Good Morning,

As we all try to deal with this COVID-19 Pandemic in our own way, It's important to remember that it is normal to feel overwhelmed during this unprecedented and stressful time, but please know you are not alone. There are resources and support available to help you. Our EAP program is just one of many valuable resource available, please see contact information below along with the link to the EAP website. Please note, our EAP program is available for you and your loved ones!

<https://wesley.edu/wp-content/uploads/2016/07/Employee-Assistance-Program-EAP.pdf>

Call: 877.595.5284  
TDD: 800.697.0353  
Go online: [guidanceresources.com](http://guidanceresources.com)  
Your company Web ID: EAPComplete

**Pastor Bonnie Mullen (Pastor BK)** is also a very valuable resource who is available to speak with you concerning how to deal with various emotions concerning the Covid-19 Pandemic. Pastor BK can be reached Monday through Friday between the hours of 8:30 a.m. and 4:30 p.m. at: [Pastorbonnie.mullen@wesley.edu](mailto:Pastorbonnie.mullen@wesley.edu)

**The Human Resources Department** is also available as a resource and support. Our hours are 8:00 a.m. – 4:30 p.m.

***Dawn Howard-Bailey, HR Director***

(302) 736-2306

[Dawn.Howard-Bailey@wesley.edu](mailto:Dawn.Howard-Bailey@wesley.edu)

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Check out this article, “Just Breathe: 9 Tips for Managing Stress During the COVID-19 Pandemic”

<https://www.workhuman.com/resources/globoforce-blog/just-breathe-9-tips-for-managing-stress-during-the-covid-19-pandemic>

**We ask that you please continue to go to our Coronavirus (COVID-19) page on our website – <https://wesley.edu/coronavirus-covid-19-information> to stay informed and get the latest updates.**

Warm regards,

Dawn Howard-Bailey  
Director of Human Resources