

# NO-COST RESOURCES AND SOCIAL SUPPORT TOOLS TO HELP NAVIGATE COVID-19



## [MENTAL HEALTH RESOURCE HUB](#)

During this time, it's normal if you want a little extra support to help you with the way you're feeling. Our partners at PsychHub are here to help you through social isolation, job loss and mental health issues from the COVID-19 pandemic.



## [COVERAGE OPTIONS FOR DISPLACED EMPLOYEES](#)

If you've been displaced from your job, you have coverage options available during this challenging time. No matter what your budget or care needs are, the COVID-19 Coverage Option Hotline can help support you. Call **1-888-832-2583** between 8:30 a.m. and 8 p.m. ET, Monday through Friday. Have your current income level and ZIP ready, and a representative will assist you.



## [FIND LOCAL SOCIAL SUPPORT SERVICES](#)

Right now, many people need help with food, housing, job training, transportation and social services. Aunt Bertha, a social care network, can help you find free and reduced-cost programs providing COVID-19 support and resources in your area.



## [SYDNEY CARE COVID-19 SUPPORT](#)

We have created support tools to help you quickly understand your potential risk for COVID-19. The Sydney Care mobile app's new Coronavirus Assessment tool gives you a quick and easy way to assess your symptoms and find a testing facility in your area. Sydney Care is free and available on your mobile device through Google Play™ or the App Store®, and works together with your Sydney Health or Engage Wellbeing apps.



## [SYMPTOM ASSESSMENT](#)

It's normal to wonder about symptoms you may be experiencing. This tool asks you five simple questions based on guidelines from the Centers for Disease Control and Prevention to help you understand what your symptoms mean.



## [LOCATE A COVID-19 TESTING FACILITY](#)

Not everyone needs to be tested for COVID-19. Testing is still mostly reserved for people who likely have the disease. Priority is given to people displaying symptoms; anyone at high risk for complications, as well as essential workers, particularly those in health care. If your doctor orders a test for you, you can easily find your nearest test facility just by entering your state and county.