

With COVID-19 leading the news headlines it's easy to underestimate the impact this has on the mental health of the workforce. The uncertainty of this outbreak has left many feeling an increase in anxiety and stress. The impacts of this have been felt in areas surrounding every aspect of everyday life, whether it be financial, childcare needs, or health concerns. Bars and restaurants are closed, travel has been limited, schools are closed and seemingly everyday life has been disrupted by this pandemic. With Mayor Walsh's latest announcement that construction will come to a halt in Boston, more members will be out of work and subject to even more stress. That is why we want to ensure as little disruption as possible to the routine delivery of the services we provide to Local 4 members and dependents and ensure that they are aware that Modern Assistance is here to assist with all of their mental health needs now and throughout this difficult time.

Modern Assistance Programs will take the following steps to provide safe and effective care towards Local 4 members and dependents:

1. Providing a telehealth or telephone option for all those seeking therapy so members can access counseling through the comfort and safety of their home. See attached [flyer](#).
2. Transitioning for the duration of this pandemic our Intensive Outpatient Program (IOP) and Early Recovery Groups (ERG) will be held virtually online.
3. As many in-person AA groups have stopped meeting we will be offering daily virtual AA meetings on-line so members and the community can have the life-saving support AA provides for so many in recovery.