



"Self-care is a priority!"

**Northern Michigan University's partner,
Northstar EAP+ is offering mental and
emotional support services for employees
and their families:**

- **Virtual appointments available for mental health and wellness support**
- **Resources for managing anxiety and stress**
- **Help (from real people) to adjust to working from home and balancing family and other needs**
- **Support for those essential staff and their families that need to support students on campus**



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