



# GRATIOT INTEGRATED

HEALTH NETWORK

EMPLOYMENT SERVICES

## NEWSLETTER

BUILDING COMMUNITY PARTNERSHIPS AND EMPLOYMENT OPPORTUNITIES

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### CONSUMER CORNER

**What is most helpful when asking for help?**

"I feel better, just getting it all out there."

"I realized that I had more support than I ever thought."

"Once I asked for help, my thoughts started to make more sense."

### HELP AND COVID-19

We find ourselves in the middle of a viral pandemic where life and routines have been disrupted. This can result in increased anxieties and other emotions that may be hard to navigate. With May being Mental Health Awareness Month, GIHN wants to emphasize that IT IS OKAY to reach out for help. Connecting with people, even remotely, can make a huge difference.

Here is a list of help lines and resources for immediate use:

- GIHN help line/Crisis line (24/7 access) 989-463-4971
- National Suicide Prevention hotline (24/7) 800-273-8255
- Text "RESTORE" to 741741 (24/7) and have a private conversation with a certified crisis counselor
- Disaster Distress hotline (24/7) 800-985-5990



- Statewide WARMLINE (7days/week 10a-2a) 888-PEER-753
- Michigan.gov/StayWell (provides helpful videos, handouts, and other mental health resources all online)
- Free evidence-based guidance meditations at headspace.com/mi

\*sources provided by MDDHS and MSHN websites



### GIHN'S "MAGICAL MASK MAKERS":

COVID-19 is a viral respiratory illness. The Center for Disease Control recommends that in addition to physical distancing, wearing cloth masks may help slow the spread of infection. While no date has been set for opening our offices to the public, consumers and staff will be provided cloth masks if they do not have one available, when the time comes. Please join us in thanking GIHN Supported Employment staff Aleta and Shelly for all their creative and amazing work in getting these masks made!

## CHANGES IN THE HIRING PROCESS AS A RESULT OF COVID-19

While every employer is unique, there are some current trends in hiring for those seeking employment to be aware of. Technology, including use of email, has been a necessity, and even more so now due to COVID-19. One of the biggest areas that has changed is the interview process. Increasingly, employers are using phone interviews, especially for the first one. Virtual interviews, using applications such as Zoom, have become more common. Some employers are even asking the applicant to drive to their location so the interview can be conducted with the candidate remaining in the car while the interviewer is an appropriate distance away.

### TIPS FOR A PHONE INTERVIEW :

1. For phone and virtual interviews: ensure that you have a quiet space, have good cell phone/internet connection, and have an understanding how the technology will function.
2. Appearance matters for virtual and any type of in-person interview. Dress appropriately for the position you are interviewing for.
3. Ask questions if needed before the interview, especially concerning the format and technology.

