



TAKING CARE

The discomfort you may be feeling may be grief. It's OK, and there are things you can do to work through it.

LEARN MORE

CONNECTING WITH TEAM

Language barriers can have a significant impact on the team's ability to build trust, safety and a sense of belonging.

LEARN MORE

GETTING WORK DONE

A virtual Design Sprint can be an effective tool for ideating solutions with your team.

LEARN MORE

For more resources on **BEING RESILIENT**, visit the [Ford Professional Learning Portal](#)



EMPLOYEE ASSISTANCE:

Ford offers resources to help employees manage their mental health, that are available 24 hours a day, 7 days a week.

[US-Total Health](#) | 888-667-6603

[UK-Employee Assistance Programme](#) | 0800-652-1196

[Australia-Flourish at Ford](#) | 1300-OUR-EAP (687-327)

[New Zealand-EAP Works](#) | 0800-735-343

[India-Employee Assistance Program](#) | 805-079-5501

[China-Employee Assistance Program](#) | 400-058-1018

[Argentina-Programa de Asistencia al Empleado](#) | 011-4706-0527



SELF CARE ISN'T CANCELED

Visit the [Ford Interfaith Network](#) to find prayer and meditation resources



BIRTHDAYS AREN'T CANCELED

Send a [Ford e-card](#), or purchase one online that can be signed as a team



LAUGHTER ISN'T CANCELED

Start a group chat that uses only memes and/or GIFs – no words allowed 😊



Work Remotely

Anywhere, from any device.

[Work Remotely Tech Tips & Tricks](#)
[Work Remotely Community on Yammer](#)
[IT Help Desk and Virtual Tech Lounge](#)

Need to report a case of COVID-19?

NEW REPORTING SITE*

*If you cannot access the system, please ask your Ford people leader to raise this request on your behalf

[Latest Company info about COVID-19 on @FordOnline](#)
[COVID-19 Management FAQs](#) (VPN Access Required)
[COVID-19 Email](#)



PLAY TO WIN

“My wife’s lab got some Ford face shields. She said they’re better than the ones they normally get.”

— BEN TRUEMAN, CDC Metrics/Tools Analyst