



TAKING CARE

Create a mental health plan, for yourself and your loved ones. Learn how to cope with triggers and #BeTheDifference for at risk loved ones

[LEARN MORE](#)



CONNECTING WITH TEAM

Meetings and Emails and SharePoint, OH MY! Watch this video for tips on effectively collaborating with your remote team

[LEARN MORE](#)



GETTING WORK DONE

Webex Burnout is REAL! Check out these checklists for ways to address (and hopefully avoid!) collaboration overload

[LEARN MORE](#)



Asian & Pacific Islander Heritage Month
Celebrating the Contributions of Asian Americans

Virtual Celebration | May 27th 12pm
<https://tinyurl.com/fordasia>



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

[South Africa-Life EHS Employee Wellness](#) | 0800-004-770