

STAY INFORMED DURING CORONAVIRUS

The Coast Guard will communicate with our workforce and their dependents through two main channels:

1 Workforce Guidance:

<https://www.uscg.mil/Coronavirus>

2 Command Guidance:

<https://cg.portal.uscg.mil/units/cgcpe2/SitePages/Pandemic.aspx>

HSWL Mobile App

You don't need to go it alone. The Critical Incident Stress Response program can help. This, and information on other Work-Life programs, can be found on the HSWL mobile app.



For further assistance for you and your family:

Call 1-855-CGSUPRT 24/7, visit www.cgsuprt.com or download the app for free confidential assistance.



CG SUPRT is an Employee Assistance Program that provides health coaching, financial coaching, non-medical counseling, education and referral services for Coast Guard military, Selected Reservists and Civilian personnel and family members.



FOR MORE RESOURCES AND INFORMATION ON HEALTH, SAFETY AND WORK-LIFE, VISIT THE CG-11 WEBSITE:
<https://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-Human-Resources-CG-11-Health-Safety-and-Work-Life-CG-11/>