



NYU

GRADUATE SCHOOL  
OF ARTS & SCIENCE

## COVID-Related Resources for Faculty and Staff

- [Work Life COVID-19 Resources: 2020-2021 Academic Year](#)
- [Manager Tips for Leading Remote Teams with a Work Life Lens](#)
- [Disaster Relief for Faculty and Employees, by Faculty and Employees, in Times of Urgent Need](#)
- [Coronavirus-Related Benefits Updates](#)
- [Fall 2020 LiveSmart Offerings](#)
- [NYU Virtual Recreation Classes](#) - even though the gyms remain closed, virtual recreation classes are available and FREE to the ENTIRE NYU Community
- [Free Meditation and Yoga](#)
- Eldercare consultant benefit - Stacey Gordon (Program Director, Next Phase, Adult Caregiving and Retirement, Work Life Office. [slg584@nyu.edu](mailto:slg584@nyu.edu), 212-998-2466) is available to support you if you are caring for an elder. In her role at Work Life, Stacey will be offering individual consultations on family caregiving, creating programming to address common caregiving issues and the social-emotional aspects around growing older, helping NYU community members plan and prepare for retirement, and creating an NYU Retired Faculty Association, with the goal of building community and maintaining connections to the university.
- UHC is extending a free emotional support helpline (866-342-6892) so that all impacted faculty and employees may speak with trained mental health specialists at any time. The specialists can help you manage stress and anxiety so you may continue to address everyday needs. Callers may also receive referrals to community resources to address specific concerns, including financial and legal matters.
- MetLife has extended the LifeWorks crisis support helpline (877-757-7587) to U.S. faculty and employees and their families. Available 24 hours a day, you can receive professional emotional support and referrals to community resources.