

A message about COVID-19.

At Elu, we want to support you and our community bringing needed services in a way that is in keeping with the realities of COVID-19 and the National State of Emergency. We are called to be a support to those in need and to bring hope and healing through our services. Because the church campus shuts down when schools are closed and also because many now have limited childcare options with schools closed, we feel it is in the best interest of everyone for us to temporarily move all client appointments to telehealth. Your counselor will reach out with log-in information soon.

We believe this gives everyone the best opportunity to care for family and to care for themselves. Logistically this is a new challenge for our community. We are grateful for ways we can connect while other aspects of daily life are put on new schedules and patterns.

We expect that most insurance companies will cover telehealth sessions and typically the copay and coinsurance rates stay the same as for in-office visits. We use a HIPPA compliant and user-friendly software. All you need is a smart phone, tablet, or computer. Please contact your counselor with questions.

There is no right or wrong way to feel about COVID 19. If you have a low level of concern, you are not under-reacting, and if you are concerned and taking precautions or canceling travel, you are not overreacting or paranoid. If at any point between sessions you notice a level of fear or anxiety that is concerning to you or difficult to manage, please reach out to your counselor.

This virus reminds us just how interconnected we are as people and as a world. Although there is uncertainty and even anxiety for some, we are also witnessing an amazing solidarity and community effort to do what we can and sacrifice in ways that together we hope are lessening the impact to the vulnerable among us and might support the focused efforts of medical professionals. Whether you find yourself spending more time than typical at home or whether you are on the front line responding in our community, we support you and offer prayers for hope, health, and healing. When circumstances leave us feeling overwhelmed or powerless, we can remember that our hope and trust is in a living, loving God, who is not surprised by this and is near.

We encourage you to be especially compassionate with yourself and others.
Elu Staff