



## Resources for Handling the Uncertainties of Our New Normal

Over the past few months, we have all been forced to navigate the uncharted territory of a global pandemic, a time that has not surprisingly caused a great deal of stress for many. Despite these trying and uncertain times for us as individuals and a business, we remain focused on and committed to your overall well-being.

### Employee Assistance Program

Our Employee Assistance Program (EAP), administered through ComPsych, is a no-cost benefit provided to all employees and their family members to help address an array of life challenges. To access the 24/7 services provided by this program, call ComPsych at 866-974-7366 or visit [guidanceresources.com](https://guidanceresources.com) (Chemours Organization ID: CHEMOURSEAP).

### Well-being Webinars

Throughout the remainder of the year, Chemours will be hosting ComPsych Well-being Webinars to offer guidance on staying healthy and dealing with the emotional impacts of the Coronavirus outbreak. Webinar topics will include:

- Behavioral Health and Wellness
- Family and Relationships
- Parenting Topics
- Communication Skills
- Resiliency Training
- Older Adult Care Issues
- Legal and Financial

U.S. employees will receive the webinar schedule and registration details via email in the coming weeks. The live sessions will have capacity limits, however if you're unable to attend, access to a recording of the session will be available within 24 hours.

### College Assistance Program

Navigating the process of choosing, selecting and paying for a college education is stressful at any time, but even more so during a global pandemic. Our College Assistance Program is moving to a new platform called [SimpliCollege](https://SimpliCollege.com), an online resource that has all of the tools you need to successfully prepare for college in an honest, supportive and affordable way.

At Chemours, we have long understood and embraced the belief that your well-being must focus on the "whole self" for you to be at your best. That's why our benefits programs are designed to support the "whole you" by focusing on three pillars of well-being: financial, physical, and emotional health. With more stress than ever all around us, now more than ever we encourage you to investigate and take advantage of the resources that are most relevant for you. If you have questions, reach out to your supervisor first.

And remember, we'll all get through this together.