



The Lexington Group, Inc.

Your Employee Assistance Program

Your EAP Newsletter provided by The Lexington Group

Social Apps: Keep Connected While in Quarantine

COVID-19 has people across the globe social distancing or quarantined in their own homes. With in-person social interaction limited, many keep connected with programs on their mobile phones, iPads, tablets, as well as computers. This technology is new to some people who find themselves in quarantine. Below are descriptions of just a few common social apps you may want to consider using:

Skype is a program that you can use on your computer or smartphone. This program has been around for years and allows its users to chat through text, and video or voice calls. While some programs have fees associated with the program, Skype is free to use for most of its services. Skype is available in many languages. You can find greater detail, desktop or mobile device download links for English, and an option to search other languages at <https://www.skype.com/en/get-skype/>

Zoom is a program similar to Skype that allows you to video and voice chat with others on your computer or smartphone. This program is widely used by employers for video conferencing; however, anyone can use this program. It's well known for its ease of use. Zoom allows users to video chat with up to 100 people in one meeting. A variety of plans are offered for a fee, but under their basic plan you can host a video meeting for 40 minutes for free. Zoom is also available in many languages. You can find greater detail, desktop or mobile device download links for English, and an option to search other languages at <https://zoom.us/download>

FaceTime is a form of video call that is exclusive to iPhone users. With this app, you will be able to communicate in real time with any other iPhone user. FaceTime also offers different additions, such as emojis, stickers, gifs, and typing text on the screen, to use while on a video call.

WhatsApp is a smartphone app that allows its users to chat through text, voice, and video. This app can connect individuals from all over the world. There are no fees associated with this service and you do not need a username, as this app operates using your phone number. Even if your phone is turned off or you are not actively using the app, WhatsApp will save any received messages while you're away. WhatsApp is available in many languages. You can find greater detail, desktop or mobile device download links for English, and an option to search for other languages at <https://www.whatsapp.com/>

Houseparty is a smartphone app that allows users to video chat, message, send photos, and play games. Users can connect with up to eight friends at one time, as well as play games simultaneously on the app. Currently, it is available in English only. You can find greater detail, and desktop or mobile device download links <https://houseparty.com/>

These apps and programs are just a few of the various options that are available on computer or smartphone. Well-known services such as Facebook, Instagram, and Snapchat also offer video, text, and voice chatting. With any digital resource, be sure to read the *Terms of Use* and *Privacy Policy* before using.

You Are Not Alone, The Lexington Group Can Help

The Lexington Group can help set up confidential Online Counseling. Caring and personalized help is at your fingertips. Request service and find out additional information at: [The-Lexington-Group.com](https://www.thelexingtongroup.com)

For 24/7 support call us at:

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