

MENTAL WELLBEING

Navigating Through Extraordinary Stress



April 2020

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Every year, one in four Americans suffer from a mental health illness – whether it be stress, anxiety or depression. A combination of stigma and accessibility leaves many people feeling like they don't have anywhere to turn. Now more than ever we can remove barriers for those who need access to care and help address extra burdens related to the current pandemic.

This program provides confidential counseling, resources and referrals to support your mental health.

WEBINAR

Mental Health First Aid Basics
Available April 1. Located in the Monthly Feature Tile.

Everyone suffers when mental health issues or other types of emotional distress are left unaddressed in the workplace. Learn how you can identify the signs of someone struggling, connect with the person in a supportive and appropriate way and guide them towards the resources available to help them address and resolve the issue.

COVID-19 RESOURCES

coronavirus.eaptoolkit.com



ACCESS TO CARE

