

May Mental Health Awareness Month 2024

✓ Tips & Tools From Your EAP

To help raise awareness for Mental Health issues that you or your family may experience at work or at home, ESI EAP has compiled a variety of resources, including tools, trainings, assessments and more to address common mental health challenges. During the month of May, we will also hold a series of live webinars that you can attend – or if you can't attend live, recordings will be made available.

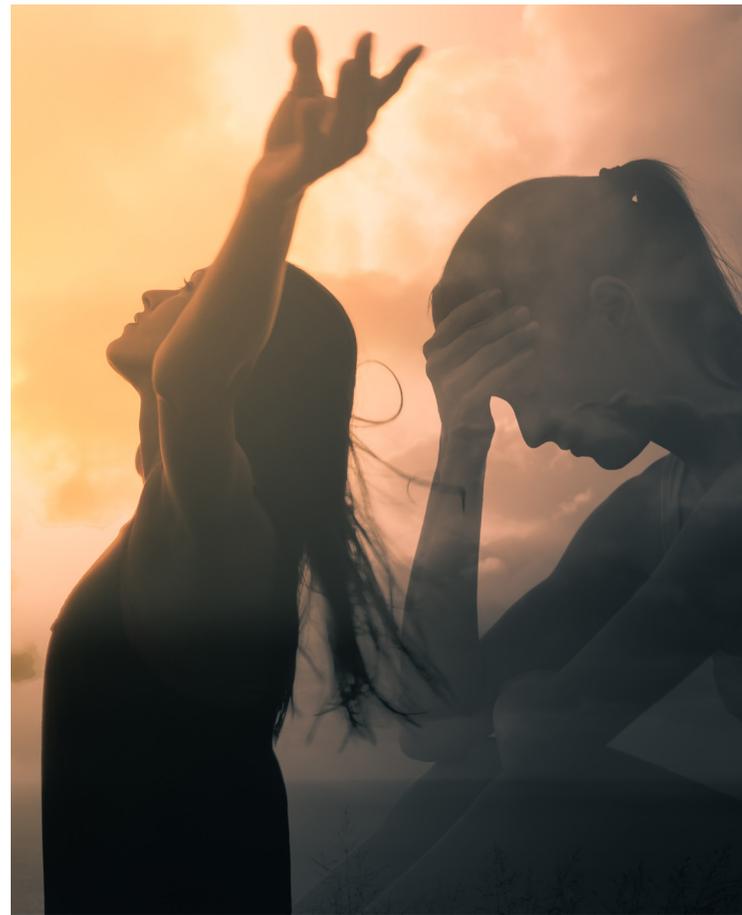
Unless otherwise noted, please visit www.theEAP.com and log in to your Self-Help Resource Center to access these tools.

[\(Click for more info on logging in\)](#)

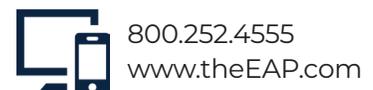
✓ Webinars and Trainings

Click on the titles below to access the resources.

- [Mindfulness in the Workplace](#) – Mindfulness has been shown to protect us against anxiety, stress, and depression. It improves performance and decision making, and it promotes learning, attention, and self-control.
- [Putting Out the Fire: Preventing and Managing Burnout](#) – About two-thirds of American employees experience some degree of burnout. Burnout impacts productivity, morale, and financial and legal bottom lines due to the health-related costs of burnout.



- [Beyond Blue: Understanding Mental Illness](#) – One in four people experience a mental illness in their lifetimes. It's important that everyone is aware of the risks and signs of the various mental illnesses, as well as coping strategies and pathways to support.
- [Managing Stress](#) – Get the knowledge and skills to integrate a variety of proven stress management responses into your life.
- [Mental Well Being](#) – (Click Training Center, choose Comprehensive Training Library and search for [SVL_104476](#)) - Video-based training to help you navigate some of life's most formidable issues – stress management, work/life balance, and more.



✓ Mental Health Screenings

Confidential, self-administered “tests” to offer a reading on:

- [Depression Checklist](#)
- [Screening for Generalized Anxiety Disorder](#)
- [Alcohol Use Disorders Identification Test](#)
- [Drug Abuse Screening Test](#)

✓ Learning Centers

Topical Learning Centers include webinars, articles, suggested apps, books, podcasts, and more.

- **Anxiety** – Anxiety disorders overwhelm people with chronic feelings of anxiety and fear, but there are many things you can do that will help.
- **Substance Misuse** – Addiction has become an epidemic. The best defense against addiction is knowledge.
- **Depression** – Most people feel sad or depressed at times, but when intense sadness persists and keeps you from living and enjoying your life, it may be depression.
- **Managing Burnout** – If you think you’re on the road to burnout, learn what you can do to regain your balance and feel hopeful again.
- **Stress** – Learning to effectively manage stress can prevent the stress from becoming a chronic state that can lead to illness.
- **Building Resilience** – Walk through each moment of your life thinking, feeling, and responding to your experiences with a mindset of confidence, strength, and optimism.



800.252.4555
www.theEAP.com

Scan the QR Code with your device
to explore your EAP benefits!

✓ Live, Interactive Sessions



- **Wednesday May 1, (12:30-1 ET) - Mindfulness:** Learn the benefits of mindfulness for wellness and stress relief. Participants will be guided through mindful breathing practices.
- **Wednesday, May 8, (12:30-1 ET) - Learning to Relax:** Learn the importance of relaxation for self-care. Participants will be guided in Deep Muscle Relaxation and Guided Imagery techniques.
- **Wednesday May 22, (12:30-1 ET) - Self-Care to Relieve Stress:** Participants will learn daily practices that can be applied to help decrease stress.
- **Wednesday, May 29, (12:30-1 ET) - Self-Care to Relieve Burnout:** Participants will learn daily practices that can be applied to help decrease burnout.

After registering for a live session, you will receive a confirmation email containing Information about joining the meeting.

