

MENTAL HEALTH AWARENESS

October 2022 Newsletter



Don't Forget!

EAP services are available to you and your household members as well as dependent children living away from home, up to age 26.

Mental Health Awareness

Often, when we feel fine and healthy, we take our mental health for granted. We just don't think of it as an issue that affects us. Actually, mental illness impacts everyone directly or indirectly through family, friends, or coworkers. **October 2nd–8th is Mental Illness Awareness Week**, a good time to think about and focus on our own mental health.

The most common mental illness is major depression, affecting more than 16 million American adults each year. Why not take [a quick, free, online Depression Screening](#) on October 6, National Depression Screening Day? Just as you'd regularly screen for blood pressure, heart health, or any other illness, depression screenings should be a routine part of healthcare for you and your loved ones. The anonymous, confidential screening test is sponsored by Mental Health America.

About half of those who are affected by mental health issues avoid getting help for a variety of reasons, from worry about the stigma or the cost to not knowing how to find care. Your employer makes it easy for you to get quality mental health care through your Employee Assistance Program (EAP) for you and your family:

- Telephonic in-the-moment counseling from clinical professionals 24/7/365 for anxiety, depression, mental health issues, and more. Call our toll-free number day or night—**800.252.4555**.
- One-to-one professional coaching for stress management, resilience, and wellness issues. Call **800.252.4555** to talk about Coaching options.
- Online self-help resources, assessments, and video courses for mental health issues. Login to www.theEAP.com and click on **Emotional Wellbeing**.

Year-End Budgeting

Between holiday celebrations and entertainment, holiday travel, and gift giving, the final few months of the year can get quite costly - and this year, high inflation is an added financial challenge. Our advice from the experts: Set a realistic holiday budget now and stick to it! Your EAP has tools to help you get through the holiday season when you log in to www.theEAP.com:

Coming Soon!

In October we launch our redesigned **Website (also known as our Self-Help Resource Center)**, with a fresh look, easier navigation and search, more user controls, new and updated videos, articles, and tools, including excellent new Learning Centers on popular topics. We can't wait to share – we'll remind you when it's live!

Driver & Pedestrian Alert!

According to the Governors' Highway Safety Association, U.S. pedestrian fatalities have spiked to the highest level in 40 years, accounting for 17% of all traffic-related fatalities. Most deaths are related to speeding and occur at night when visibility is poor. Be careful and be aware! Here are some driving safety resources.

- [Pedestrian Safety](#) - Excellent tips and resources for drivers and pedestrians
- [Take Steps to Avoid Injury or Death While Walking](#)
- [Winter Driving Safety](#)



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- **Budgeting and Consumer Tools:** Tools for Tough Times offers money-saving ideas and resources to do more with less. Also, access budgeting tools and calculators at the Personal Finance and Education Center.
- **Save Money:** At your Lifestyle Savings Benefits, explore thousands of discounts, rewards, and perks in a variety of categories from your favorite brands.

Sharpen Your Skills!

Check out our comprehensive online training library! Many courses are in short micro-learning bursts you can take at your convenience. We add new topics every month.

Log in at www.theEAP.com, click the “Training Center” icon and choose “Comprehensive Training Library.”

- **NEW! Windows 11 Essentials | Course ID: SVL_205572**
Learn to personalize and customize settings and to find and use key tools, widgets and apps in this 32-minute video.
- **Safe Driving: Avoid Aggression | Course ID: SVL_1020018**
In this 8-minute video, learn what aggressive driving behaviors are, what to do if you encounter them, and how to reduce your own aggressive driving behavior.
- **Personal Financial Health: Budgeting Tips | Course ID: SVL_1020544**
Learn helpful budgeting tips, such as saving for the unexpected, holding yourself accountable, and keeping a positive attitude in this 7-minute video lesson.

Learn More!



Scan the QR code with your device or smart phone to explore more of your employee benefits!



How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

Accessing Your EAP Training Center

1. Go to www.theEAP.com and click **Employee and Family login**.
2. If you've already created an account, log in with your User Name/Password.
3. If it's your first time, click **REGISTER** to create your User Name and Password. **You only need to register once.**
4. Click the 'Training Center' and then choose 'Comprehensive Training Library'.
5. In the **Search** bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon, and click the 'Play' or 'Start' button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To get your certificate, click on the ribbon icon below the right corner of the video. The certificate will download to your computer.



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