

REGAIN YOUR MENTAL WELL-BEING WITH HELP FROM THE EAP

You may be afraid to speak openly about mental health. But the fact is, you're not alone—1 in 5 adults experience mental health conditions that impact their performance at work. Our free and confidential Employee Assistance Program (EAP) is available to help you and your family address any mental and behavioral health issues that affect your quality of life.

CONFIDENTIAL COUNSELING

You and your family members are eligible for up to XX in-person sessions per person per year to address a variety of mental and behavioral health issues, including:

Anxiety

Although most people experience anxiety from time to time, those who suffer persistent, uncontrollable anxiety that gets in the way of their work and personal relationships may have a form of anxiety disorder. Anxiety disorders may include generalized anxiety, panic disorder or social anxiety. To receive a correct diagnosis, visit your primary care provider or licensed therapist. Possible treatments may include a combination of one or more of the following:

- Cognitive behavioral therapy
- Self-help or support groups
- Medication, such as antidepressants*

Depression

More than just “the blues,” depression is characterized by a persistent sense of sadness, emptiness or worthlessness; a loss of interest in your usual hobbies; fatigue; restlessness; difficulty sleeping and a change in appetite and weight, among other symptoms. It can also leave you at greater risk of suicide, heart disease, substance abuse and even eating disorders. If you feel you may suffer from depression, talk with your doctor or a licensed mental health professional, who may suggest a combination of one or more of the following:

- Medication, such as antidepressants*
- Talk therapy
- Electroconvulsive therapy (ECT)
- Exercise

Stress Management

It's natural—even healthy—to feel stressed from time to time. However, chronic stress can take a physical toll on your health, including chest pains, fatigue, stomach upset and sleeping problems. Counseling can teach you relaxation techniques to help you manage your stress.

ONLINE RESOURCES

The EAP website houses a suite of articles, quizzes and other tools to help you learn more about your mental health and ways to improve your mental well-being.

WORK-LIFE SUPPORT

If the demands of balancing your work and personal obligations get to be too much, let the EAP do the legwork for you! The EAP can help you find child care, eldercare and pet care options, refer you to moving and home repair services and more.

FINANCIAL & LEGAL ADVICE

Money consistently ranks as one of the top sources of stress. You are eligible for a free session with an attorney for a variety of legal issues, including divorce/separation and real estate. The EAP can also connect you with a financial planner to help you manage your current finances and prepare for your financial future.

**If you decide to go on medication, it is important you work closely with your doctor to track any side-effects you may experience. Antidepressants in particular may cause suicidal thoughts. If you are having suicidal thoughts, call the National Suicide Prevention Lifeline at 800-273-8255.*

To take advantage of all the EAP has to offer, to [URL] (Company Code: TBD) or call XXX-XXX-XXXX.

This communication is intended to provide you with highlights of services provided by our insurance plan administrator. It is not intended to address all details. For further details on these services, please contact the plan administrator.

