

Employee Assistance Program *Flyer*

EAP Website Resources

May is Mental Health Awareness Month

During *Mental Health Awareness Month*, take time to prioritize yourself and explore the full range of EAP website resources available to support your mental health and wellness. The following are some features we encourage you to check out.

Mental Health Awareness Podcast Series

The following are just a few examples of podcasts that are available to you.

1. What do we Mean When We Say Mental Health
2. Overwhelmed but Functional
3. Just Surviving is not the Goal: Raising the Bar after Triggers and Traumas

Assessments and Soft Skills Sections

- The *Assessments* section of the website includes anxiety, depression, resiliency, stress, and life satisfaction assessments, with suggestions to help manage and address symptoms.
- The *Soft Skills* section features content focusing on building adaptability, assertiveness, mindfulness, and strategies for boosting happiness.

Articles

Search for content or go directly to links based on areas of interest to explore relevant content — located on the left side navigation bar.

Check out these areas:

- Health and Well-being
- Family and Relationships
- Featured Articles on the Homepage Banner

24/7/365 PHONE:
1.833.539.7285

WEBSITE:
SOWI.MyLifeExpert.com

CODE:
SOWI



May 2026 Webinars



May 13:
Staying Strong and Resilient



May 27:
Dealing with Prolonged Grief