

NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



SEPTEMBER



Login or enroll in eM Life to see first hand how mindfulness can help you live a happier and healthier life.



"THRIVE" WITH NATIONAL EAP

UPCOMING WEBINARS:

1 Navigating the Ups and Downs of Being a Parent: How To Support Your Child's Mental Health

Raising children can be one of life's hardest yet most rewarding challenges. Children's behaviors and emotions can change frequently, and it can be difficult to navigate these shifts. Whether you have pre-school, school-aged, or adult children, a parent's role is ever-changing, and adapting your style as a parent can be a trying task. Join us on **September 21st at 12pm ET** for an interactive seminar to learn tools to support your children's mental health and wellbeing.

2 For Leaders: Rising Above Personal Biases

Understanding your own biases is the first step in managing and overcoming them. Many of our biases are deeply ingrained in us and are often operating below our conscious awareness. On **September 23rds at 12pm ET**, we will discuss strategies to help increase your awareness of bias, learn strategies for conscious de-biasing, and explore how to navigate those beliefs to embrace and celebrate diversity.

To register for either of these webinars, [click here](#)

A HAPPIER, HEALTHIER LIFE THROUGH MINDFULNESS

With eM Life, you can learn to manage stress and chronic conditions in just minutes a day. In this time of so much uncertainty, making smart, healthy decisions isn't always easy. It may sound too simple to be true, but being fully aware and in the present moment without judgment, mindfulness can be surprisingly beneficial for your health and mindset.

Our mental health and well-being program, eM Life, provides you tools that you can use daily, at home and at work. It's free to use, has mindfulness programs ranging from daily 14-minute sessions to multi-session programs, and with live and on-demand content there's something for everyone.

- Explore [7 Days of Happiness](#) to soaking up every little bit of happiness in our lives unfolding all around us instead of falling into a pattern of worry
- Try [Mindful Eating: A Path to Well-being](#) to discover healthy ways to counterbalance the stress in our lives instead of mindlessly eating
- [Mindful Movement](#) helps you bring mindfulness to your entire being and become aware of sensations from the inside out while being active
- Give [Mindful Relationships](#) a try to learn how to show up more authentically in the moment to be there for others
- Discover mindful tips to help you unwind your mind and better manage anxiety with [7 Days of Managing Anxiety](#)
- [7 Days of Mindfully Managing Chronic Pain](#) helps you become more observant to the feeling of pain and befriend your body

Begin living a happier and healthier life! [Start today](#)

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Q&A ABOUT YOUR EMPLOYEE ASSISTANCE PROGRAM:

What is an EAP?

An EAP is a free, confidential program pre-paid by your employer to assist you and your immediate household find solutions to personal or professional problems, big or small.

What can I call my EAP for?

Members have access to EAP counselors to help address a variety of needs including:

- Marital and Family Relationships
- Legal & Financial Problems
- Stress Management
- Alcohol and Substance Abuse
- Crisis Management
- Parenting Difficulties
- Domestic Violence
- Physical and Mental Illness
- Grief & Loss

How will I know if I need short-term EAP counseling or a long-term referral?

When you contact National EAP you will receive a caring, thorough, confidential assessment to understand your concerns, examine options, identify goals, and develop a course of action that best fits your needs.

If you have a long-term issue, ongoing mental health concerns, or a medical issue that requires specialized care, National EAP's team will assist you in sourcing and recommending the services you need, such as psychiatric or substance abuse specialists. We will provide pre-qualified referrals to ensure a smooth transition to community resources, saving you the hassle of finding the right match.

Will anyone know if I use the EAP?

No, this is a completely confidential service. National EAP, Inc. complies with HIPAA regulations; therefore, no identifiable information is reported to Human Resources, nor will any personal information be released without your written consent.

What is the cost to use the EAP?

There is no cost to you to utilize EAP services. Services provided to you and your immediate household family members by the EAP are pre-paid by your employer.

How do I access my EAP & Work/Life Services?

Telephone: To speak with our Client Services Team, simply call 800-624-2593, who will conduct an intake and develop an EAP action plan with you. EAP Clinicians are available 24 hours/365 days a year to provide you with immediate telephonic crisis support.

Online: You can also use the online resources at www.nationaleap.com and enter **Your Company Name** as your username & password. Participate in free webinars and "skill builders" on multiple topics including, self-improvement, workplace skills and a variety of work/life health issues.

You can also access online EAP resources in your member portal [HERE](#).

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

**Call or log on to get started.
TOLL-FREE: 1-800-624-2593
WEBSITE: www.nationaleap.com**