

## Get Mental Health Relief!

American workers are still having trouble getting on an even keel since the pandemic first kicked in four years ago. Almost two-thirds of U.S. workers struggle with mental health according to a survey by One Medical. And the 2024 Voice of the Workplace Report from Calm revealed that 61% of employees say they have felt down, depressed, or hopeless recently and 8 in 10 say they have struggled with nervousness, anxiety, and stress. It's hard to maintain personal productivity both at work and at home when you're struggling with poor mental health!

About half of those who need mental health care don't get help for a variety of reasons, from worrying about the stigma or the cost to not knowing how to find care and not being aware of various treatment options. Your employer makes it easy for you and your family to get quality mental health care through your Employee Assistance Program (EAP). It's confidential, cost-free, and you don't need to seek permission or tell your manager – just pick up the phone and call 800-252-4555 or log in at [www.HigherEdEAP.com](http://www.HigherEdEAP.com). Here are just some of the services that your EAP provides:

- **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 mental-health self-help resources**, including assessments, articles, videos, and more.
- **Online webinars and training** for stress management, resiliency, and other mental health issues.

### When to Seek Mental Health Help

**Here are some common signs that may indicate a need for mental health help:**

Excessive worry, fear, or anxiety • Ongoing feelings of deep sadness or apathy • Confused thinking or problems concentrating • Mood swings from highs to lows • Prolonged irritability or anger • Avoiding friends and social activities • Difficulty relating to other people • Change in sleeping habits, eating habits, or sex drive • Delusions or hallucinations • Abuse of substances like alcohol or drugs • Inability to carry out daily activities • Thinking about or talking about suicide

## Featured Webinar for May



### Living with Loss One Day at a Time, at Home and at Work

Get ideas and tools for how to interact with others at work and at home, how to find passion and purpose, and how to rebuild your future.

Log in to [www.HigherEdEAP.com](http://www.HigherEdEAP.com) during May to take the webinar at your convenience and explore related resources.

## 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. Be sure to share these benefits with them.



# May Training Picks

Explore thousands of personal and professional development courses. Simply click on “Member Login” at [www.HigherEdEAP.com](http://www.HigherEdEAP.com), sign in, and click on the comprehensive training library in the “Training Center.”

- **Overcoming Anxiety and Depression | Course ID: SVL\_072266**  
Learn the connection between anxiety and depression, habits contributing to anxiety, and what to tell yourself the next time you are depressed in this 9-minute video.
- **How to Be Liked and Respected | Course ID: SVL\_102795**  
This 38-minute video covers the relationship between likability and respect, the cost of being disliked, and actionable tips for becoming more likable and more highly respected in the workplace.
- **Sunday Night Dread: Overcoming Burnout | Course ID: SVL\_1020413**  
Learn to recognize signs of burnout and how to move past them to remain engaged at work in this 10-minute video lesson.

# Key Dates in May

- [Mental Health Month](#)
- [Skin Cancer Awareness Month](#)
- [National Physical Fitness and Sports Month](#)
- [Older Americans Month](#)
- [National High Blood Pressure Education Month](#)
- [American Stroke Month](#)
- 5/12 – [Mother’s Day](#)
- 5/12-5/18 – [National Women’s Health Week](#)
- 5/13-5/19 – [Bike to Work Week](#)
- 5/27 – [Memorial Day](#)
- 5/31 – [World No Tobacco Day](#)

# 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.HigherEdEAP.com](http://www.HigherEdEAP.com) and click **Member 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.

