

NEW! Therapy at Your Fingertips!

We are happy to introduce **Talkspace Go**, a new, free EAP benefit for you and any eligible family or household members aged 13+. This is a popular therapy app that can improve your mental health and wellbeing in just 5 minutes a day. Get private help for relationships, parenting, depression, anxiety, stress, burnout, trust, and much more with self-guided programs. There are also weekly counselor-led classes, assessments, journaling, and more. [Click here to learn more.](#)

Talkspace Go is just one of the many therapy options available to you through your EAP.

Other options include:

- **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**.
- **Follow-up therapy:** Options include text, voice, and video messaging, telehealth, and local in-person therapy.
- **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.

Raise Awareness During Suicide Prevention Month

During Suicide Prevention Month this September, why not share **988, the National Suicide and Crisis Lifeline?** It could be a lifesaver. Simply dial **988** for calls, text, or chats. People in crisis can get free, confidential support 24 hours a day, 7 days a week, across the U.S. and Canada. It's also a resource for family and friends who worry about someone who is in a mental health crisis and need to talk it over. Memorize the new 988 Suicide and Crisis Lifeline number and share it with family, friends, and colleagues. Suicide can be prevented, but it often requires intervention. Knowing the warning signs for suicide and how to get help can save lives. **Some potential suicide warning signs and behaviors include:**

Talking about: Wanting to die • Feeling guilt or shame • Being a burden to others • Having no reason to live • Feeling trapped or hopeless.

Behaviors: Loss of interest in usual activities • Isolation and withdrawal from friends and family • Making a plan or researching ways to die • Saying goodbyes • Giving away important items • Making a will • Taking dangerous risks • Extreme mood swings • Eating or sleeping more or less • Increased use of drugs or alcohol.

Featured Webinar for September



Putting Out the Fire: Preventing and Managing Burnout

Up to two-thirds of American employees experience some degree of burnout. Burnout impacts productivity and morale, and can result in stress, which contributes to hypertension, diabetes, depression, and anxiety.

To access this Webinar and related resources about preventing burnout, simply log in to HigherEdEAP.com during September.



September Training Picks

Brush up on work skills by choosing from thousands of training topics. Here are a few suggestions or search for your own themes. Simply click on “**Member Login**” at www.HigherEdEAP.com, sign in, and click on the comprehensive training library in the “**Training Center.**”

- **Suicide Intervention** | Course ID: [SVL_1020546](#)
This 8-minute video describes the five steps the National Suicide Prevention Lifeline suggests taking when you suspect someone is battling suicidal thoughts and feelings.
- **NEW! Igniting Creativity: You Can Be Creative!** | Course ID: [SVL_102471](#)
This 6-minute video is the first in a series of eleven that will explore the different types of intelligence that creativity can employ and improve.
- **Emergency Preparedness: Preparation Is Key** | Course ID: [SVL_1020782](#)
This 5-minute video lesson helps you learn steps to address any emergency that arises, from noting potential hazards to knowing how to summon help to participating in workplace-specific training.

Are You Ready If An Emergency Occurs?

Power outages. Wildfires. Hurricanes. Ice storms. Emergencies and disasters are an unfortunate fact of life, but advance planning can keep you and your family safe should the worst occur. **September is National Preparedness Month**, a good time to assess your regional risks and build a safety, evacuation, and communication plan for your family. Ready.gov offers a wealth of resources addressing safety before, during, and after many common disasters and hazards. Also, download the [FEMA app](#) and the [Red Cross Emergency App](#) to sign up for alerts targeted to your area.

September Observances

- [National Suicide Prevention Month](#)
- [National Preparedness Month](#)
- [Healthy Aging Month](#)
- [Childhood Cancer Awareness Month](#)
- [National Sickle Cell Awareness Month](#)
- [World Alzheimer’s Month](#)
- 9/2 – [Labor Day](#)
- 9/10 – [World Suicide Prevention Day](#)
- 9/15-10/15 – [Hispanic Heritage Month](#)

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 and click the **Member Login** button.
2. If you’ve already created an account, log in with your Username/Password.
3. If it’s your first time, click **REGISTER** to create your Username 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 download your certificate to your computer, click the ribbon icon below the right corner of the video.



98% Employee Satisfaction Rate

www.HigherEdEAP.com | 800.252.4555