

Mental Health Help On-the-Go!

May is Mental Health Awareness Month, and we want to be sure you are fully aware of the mental health benefits and help available to you and any eligible household members. We're excited about the newest benefit, the Talkspace Go app. It's a great way to access daily mental health support on the go! Best of all, **the Talkspace Go app is available at no cost to you and eligible household members ages 13 and up!**

Talkspace Go is a clinician-created, self-guided app that lets you address mental health challenges and build mental fitness on your own schedule. It empowers couples, individuals, and parents to take progress into their own hands, in as little as five minutes a day. Access 400+ self-guided classes and live weekly therapist-led anonymous classes, assessments, meditation exercises, journaling, reminders, and more. Of course, your EAP offers many other mental health benefits, including:

- **Telephonic in-the-moment counseling** from clinical professionals for anxiety, depression, mental health issues, and more. Call our toll-free number day or night to speak with a counselor – 800.252.4555.

- **Ongoing Counseling** options include text, voice, or video messaging, chat, telehealth, and face-to-face counseling. These options are available with local in-person counselors and through our partnerships with BetterHelp* and Talkspace*. (* Prior authorization is required to avoid charges.)
- **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. Log in at www.HigherEdEAP.com.
- **Online webinars and training** for stress management, resiliency, and other mental health issues.

Remember - if you or a loved one are in crisis or need immediate help, **call, text, or chat 988 for the Suicide & Crisis Lifeline.**

This 3-digit number offers a quick way to access free, confidential support for those who are in a suicidal crisis or mental health-related distress 24/7 across the U.S. and Canada.

Physical Fitness & Sports Month

Physical activity is one of the most important things you can do for your health. Adults need at least 150 minutes of moderate-intensity physical activity a week, such as 30 minutes a day, 5 days a week. Adults also need 2 days of muscle-strengthening activity each week.

The CDC says that adults should move more and sit less throughout the day, and that some physical activity is better than none.

Featured May Webinar



Fostering an LGBTQIA Inclusive Workplace

Even with progress in social justice, some populations still face discrimination at work. The resulting stress affects work performance and overall workplace morale. This workshop helps prepare participants to collectively foster a productive working environment for LGBTQIA employees. To access this Webinar and related resources, log in to www.HigherEdEAP.com during May.



Here are some ideas to get you moving:

- May is National Bike Month. See our [blog post with a good infographic on Pedal Power](#).
- Let the great outdoors be your gym. See: [The fitness benefits of hiking](#)
- Jumping rope isn't just for kids. See: [Jumping rope provides a great aerobic workout. Here's how to start.](#)

Train to Become the Very Best You!

When was the last time you visited the free Training Center on our website? We have thousands of training topics, with new ones added every month. We offer a few suggestions below, but you can also search for your own topics. Simply click on “**Member Login**” at www.HigherEdEAP.com, sign in, and click on the comprehensive training library in the “Training Center.”

- **Mental Well-Being | Course ID: SVL_104476**
Learn strategies for managing stress, work/life balance, digital dependence, and handling situations entirely beyond your control. Take the 36-minute video or break it into short segments.
- **Five Days of Fitness: Warm Up | Course ID: SVL_074123**
In this 8-minute video, an instructor demonstrates how to perform exercises with good form to engage core muscles and the pelvic floor. Exercises include mime skipping, squats, sit ups, and backward lunges.
- **NEW! Outlook 365 Essentials | Course ID: SVL_2051375**
This 48-minute video course will show you how to use the app's essential features, better manage your email, maximize calendar options, create task lists, customize settings, and use the Scheduling Assistant.

Key May Dates

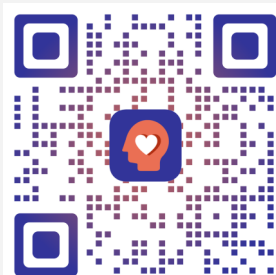
- [Melanoma and Skin Cancer Prevention and Awareness Month](#)
- [National Asthma & Allergy Awareness Month](#)
- [Osteoporosis Awareness and Prevention Month](#)
- [High Blood Pressure Education Month](#)
- [American Stroke Awareness Month](#)
- [National Bike Month](#)
- [Older Americans Month](#)
- 11th – [Mother's Day](#)
- 12-18th – [Bike to Work Week](#)
- 26th – [Memorial Day](#)
- 31st – [World No Tobacco Day](#)

Scan to Learn More!

Explore
More of Your
Employee
Benefits



Download
Talkspace Go
For iPhone
Or Android



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.

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.)



98% Employee Satisfaction Rate

www.HigherEdEAP.com | 800.252.4555