



NATIONAL PREPAREDNESS MONTH



September 2025 Newsletter

When Moments Matter

Most of us will never be called upon to run into a burning building or respond to a major disaster. We don't often think of ourselves as potential heroes. Yet September offers two opportunities to protect and even save lives — simply by being prepared.

National Preparedness Month—Natural disasters and extreme weather can strike without warning — floods, hurricanes, wildfires, and more. National Preparedness Month reminds us to take time now to plan for emergencies that could affect our families and communities. Even small steps — like conducting an annual home safety check — can make the difference in an emergency.

Steps to prepare:

- **Know your risks:** Identify the most common disasters in your area. Conduct an audit of risks in your home.
- **Create an emergency kit:** Include essentials like water, food, medications, a flashlight, and first-aid supplies.
- **Plan for evacuation:** Establish routes and identify a family meeting place in case you're separated.
- **Protect vital information:** Store copies of IDs, insurance policies, vital documents, and important contacts in a secure digital location.
- **Learn lifesaving skills:** Consider taking a CPR course and building a home first-aid kit.

Helpful resources:

- [Ready.gov](#): Guides for disaster planning and response.
- [Grist Disaster 101](#): Free downloadable guide to extreme weather preparation and recovery.
- [FEMA](#) and [Red Cross](#) Apps: Provide local alerts and step-by-step safety instructions.

Suicide Prevention Awareness Month - September also shines a light on another lifesaving topic: suicide prevention. First and foremost, if you or someone you know is experiencing a mental health crisis, call or text **988, the Suicide & Crisis Lifeline**. This free, confidential resource is available 24/7 across the U.S. and Canada, and it's also there for friends and family seeking support.

Raising awareness can save lives. Suicide is a highly stigmatized issue, but awareness and open conversation are powerful tools for prevention. By knowing the signs and where to turn for help, we can all play a role in saving lives. **Warning signs may include:**

- **Expressions of distress:** Talking about wanting to die, feeling trapped, hopeless, or like a burden.
- **Behavior changes:** Withdrawal from friends and family, loss of interest in activities, extreme mood swings, or increased substance use.
- **Planning behaviors:** Researching ways to die, giving away possessions, writing a will, or saying goodbyes.

Helpful resources:

- [988: The Suicide and Crisis Lifeline](#)
- [Suicide Prevention Month](#)

Upcoming Live Webinar Session



Live Webinar Session: September 25, 12:30 Eastern Time – Understanding Depression

- To register for this session, [click here: Understanding Depression](#)



Featured September Webinar

Finding Harmony: Being a Parent and a Professional

Being a parent and a working professional requires a delicate balance. This seminar will discuss the realities of the modern working landscape for parents. It will review strategies for time and household management, and how to find quality time just for yourself. To access this Webinar and related resources, simply log in to [HealthCareEAP.com](#) during September.



98% Employee Satisfaction Rate

[www.HealthCareEAP.com](#) | 800.252.4555

September Training Picks

Learn new skills for work and for home 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.HealthCareEAP.com, sign in, and click on the comprehensive training library in the “**Training Center.**”

- **Workplace Mental Health: Crisis Intervention** | Course ID: **SVL_1021890**
Learn the definition of a crisis situation, look at indicators that someone may be debating suicide, and become familiar with key intervention steps to keep employees safe in a workplace crisis situation in this 7-minute video.
- **NEW! 8 Ways to Develop Adaptability Every Day** | Course ID: **SVL_1023069**
Get practical guidance on how you can improve how effectively you respond to change in this 5-minute video lesson.
- **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.

Key September Dates

- [Baby Safety Month](#)
- [Healthy Aging Month](#)
- [National Recovery Month](#)
- [World Alzheimer's Month](#)
- [Childhood Cancer Awareness Month](#)
- [National Sickle Cell Awareness Month](#)
- [Ovarian Cancer Awareness Month](#)
- [Prostate Cancer Awareness Month](#)
- 9/1 – [Labor Day](#)
- 9/7 – [Grandparents Day](#)
- 9/15 – 10/15 – [National Hispanic Heritage Month](#)
- 9/22 – 9/26 – [Falls Prevention Awareness Week](#)
- 9/29 – [World Heart Day](#)

Accessing Your EAP Training Center

1. Go to www.HealthCareEAP.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.

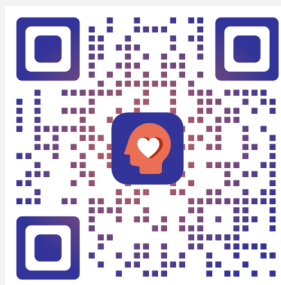
To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

Scan to Learn More!

Explore
More of Your
Employee
Benefits



Download
Talkspace Go
For iPhone
Or Android



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.)



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