



Employee Assistance Program 2024 Campaign

HERE FOR YOU 24/7/365

When you need everyday support, your HealthPartners Employee Assistance Program (EAP) is your free and confidential partner to help with whatever life throws your way. Think of your EAP as that life coach you always wanted and never knew you had until now.

Whatever you're struggling with — whether it be mental health, financial concerns, childcare, elder care, navigating challenging relationships, your career and more — we are here no matter what with tailored, free and confidential support for you and your household.

2024 CAMPAIGN

HealthPartners EAP is excited to share this resource calendar with you. Look for monthly informational emails from your company's leaders containing flyers, seminars, articles, and more!



JANUARY **FINANCIAL HEALTH**

Dealing with money and legal issues is never easy. Your EAP gives you access to a nationwide network of attorneys and financial coaches to help you with life's challenges.



FEBRUARY **HEART HEALTH**

It is important to be aware of the head-heart connection. Newer research shows that biological and chemical factors that trigger mental health conditions like depression, can also influence your risk of heart disease.



MARCH **NURTURING RESILIENCE**

Managers play a vital role in fostering a growth mindset. It is essential in unlocking the unique potential and professional growth of individuals. This mindset enables the whole team to work toward shared goals.

CONTACT THE EAP



APRIL **MANAGING STRESS**

Some degree of stress can be useful as it energizes and motivates us. Prolonged and unmanaged stress can be detrimental to our mental and physical health and strain our relationships.



JUNE **SELF-CARE**

Explore strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits.



AUGUST **BACK TO BASICS**

Back to school time is a great time to make a fresh start. Get back to the fundamentals of physical and emotional wellness. Explore the connection between your plate and your physical health and how eating mindfully can nurture your mental wellbeing.



OCTOBER **PARENTING TEENS**

Parenthood is a journey interwoven with love, joy, and sometimes struggles. Parenting teens can be especially hard. The EAP can equip parents with insights and practical strategies to navigate the unique challenges and opportunities with teens.



DECEMBER **MINDFULNESS**

The holidays are a joyful, but busy, time of year. All the hustle and bustle can create added stress, relationship tension, and sleepless nights.

MAY **MENTAL HEALTH STRATEGIES**

Observe Mental Health Awareness Month by learning more about mental health challenges and how to help yourself and others who may be struggling.

JULY **SLEEP**

Sleep is essential for physical and mental wellbeing and for the optimal functioning of body and mind. Chronic sleep deprivation or poor sleep quality can have a significant negative impact on various aspects of a person's overall sense of wellbeing.

SEPTEMBER **PREVENTION**

While 1 in 5 adults say they've had suicidal thoughts at some point, suicide remains a topic that many struggle to talk about openly, and stigma often hinders people from accessing help when it is needed. Many feel uncomfortable having difficult conversations for fear of saying or doing the wrong thing.

NOVEMBER **LONELINESS**

Experiencing loneliness is a natural signal that we crave connection and companionship. It is a gentle nudge urging us to seek meaningful interactions and forge bonds with others. But beyond this simple yearning a more profound experience can exist—loneliness that continues even when we are surrounded by others.

CONTACT US

