

EAP Matters

2025



May is Mental Health Awareness Month, a time to reflect on the importance of emotional well-being, for ourselves and for those closest to us. Mental health affects every area of life: relationships, work, and how we handle stress and change. Prioritizing your mental wellness is a powerful step, not only for your own health,

but also for your family and those who depend on you.

Take care of your Own Mental Health

- Know the signs of stress, burnout, and anxiety.
- Practice self-care through healthy routines: sleep, exercise, hobbies, and setting personal boundaries are just a few.
- Don't ignore how you feel: Seek help early, not just when you are in crisis.
- Remember: It's okay to not be okay.

Mental Health At Home

- Learn how to recognize emotional distress in children, teens and partners.
- Encourage open conversations about feelings: create a safe space to share.
- Model healthy coping strategies for your family, and encourage them to seek help.
- Understand that your loved ones may need different types of support.

Make use of your EAP Benefits

- We provide you, your significant other, and dependents (age 8- 26) with free, confidential counseling. Talk to your HR department for more information on the amount of sessions you are provided for your yearly benefits. Or call our office to inquire (402-398-5566).
- We have four EAP counselors in our office at the ready to help navigate you through life's ups and downs.
- Our providers are able to help provide support for personal and work-related challenges including stress, anxiety, grief, relationship, family issues, life changes, and more.

You're not alone, and neither is your family. Prioritize mental wellness this month by reaching out to your EAP for the tools, guidance, and support you need. End the Stigma. Taking the first step is a sign of strength for you and those you care about.

To speak with an EAP counselor, please call (402) 398-5566 or (888) 847-4975