Employee Assistance Benefit News

How to Enjoy the Holidays and Not Go Broke

Many of us will be separated from relatives over these pandemic holidays. And it will be tempting to spend too much and mail expensive gifts, thinking you'll make up for it in reduced travel and entertaining costs.

View More >>

Female-Online-Shopping-CreditCard.png

Learn Something New with Our New E-
**Learning Topics!**

We just added nearly 100 new trainings to our vast library of more than 8,000+ online E-Learning courses and trainings.

[Learn More >>](https://outlook.office.com/mail/search/id/AAQkAGFmZDZIZDFml...tNDQ3ZS05NTgxLTQwY2UzN2QyYWM3MQAQAA6q9fU6v1LiJv78bHxsMs%3D)

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**Caregiver Support**

Are you one of the 44 million Americans who provide care for a family member, friend or neighbor? Your EAP can help. Login to your Member website to choose Caregiver services, or use the Search or the Locator features to access services in your area, including:

- Adult and child daycare
- Senior centers
- Nursing homes
- Assisted living facilities
- In-home services
- Geriatric care facilities
- Transportation assistance

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**Saying Thanks**

Holidays are a time for thankfulness – a great time to reach out let a neighbor, a nurse, a doctor, a teacher, or the person who delivers your mail to let them know how much you appreciate them. A simple card is a nice way to do that.

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To find more topics like this, We have many newsletters on a variety of subjects at the link below.

https://outlook.office.com/mail/search/id/AAQkAGFmZDZIZDFml...tNDQ3ZS05NTgxLTQwY2UzN2QyYWM3MQAQAA6q9fU6v1LiJv78bHxsMs%3D
Click here to check them out! >>

RELATED RESOURCES

Hands-folded-together-stress.png

In the Pandemic
Your EAP Can Help.
Now, More Than
Ever

With the pandemic continuing to claim lives and disrupt employees at home and at work, the list of stressors has grown to include balancing childcare, schooling, return to work, financial problems, family health and disruptions of routines.

READ MORE >>

October: Mental Health and Depression Awareness

Don’t overlook your mental health during the pandemic: Get ready for a focus on Mental Health and Depression in October to find help and resources.

READ MORE >>

Clients of ESI Employee Assistance Group have received this email to relay information about the employee assistance benefits for your organization. The EAP is a confidential benefit available to you, your employees and their family members.