Employee Assistance Benefit News

Take care of your Mental Health through the pandemic

Mental health is always an important issue but never more so than now in Coronavirus time when everyone is coping with once-in-a-century stresses and pressures.

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**E-Learning Popular Picks**

Check out a few of our popular favorites this month from our 8,000+ new E-Learning courses and trainings! Simply login at [www.theEAP.com/Educators-EAP](http://www.theEAP.com/Educators-EAP).

*Learn More >*

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**Suicide Prevention Lifeline**

If you or a loved one are talking about or considering suicide, take action now. Get help! Call the National Suicide Prevention Lifeline

**1-800-273-8255**

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**Key Covid-19 tools**

- [Covid-19: Back to School Resources for Parents](#)
- [Back to School Resources for Educators](#)
- [The Coronavirus Crisis: Tools for Tough Times](#)

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

*Click here to check them out!*
RELATED RESOURCES

When everything seems overwhelming...

If you are feeling totally overwhelmed by events lately, you are not alone. We’re hearing from more and more Members that their stress level is higher than ever. The times we are living in are indeed difficult.

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Pandemic or not, it’s important to take your vacation time

If you are reluctant to take your vacation time during the pandemic, you aren’t alone. Many people are nervous about traveling – and in some cases, travel options may be limited.

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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.