



## September 2024 EAP PROMOTIONAL EMAIL

Hello everyone – As September begins, our [Washington State Employee Assistance Program \(EAP\)](#) is offering the following resources to support you and your family:

### EAP Events and Webinars

This month, the Washington State EAP is excited to share our expanded roster of \*live\* [events and webinars](#). We hope that you will be able to join us for the following events:

- Join us **every Wednesday at noon** in September as we continue with our **Wellness Wednesdays series!** Each month will have a themed topic and all sessions will relate to that topic. In September, our series continues with...

#### **Resilience in Action: Strategies for Overcoming Challenges and Managing Stress**

In today's fast-paced and ever-changing work environment, resilience and effective stress management are essential for maintaining well-being, productivity, and motivation. Our September series of micro-trainings is designed to empower you with the tools and strategies needed to build resilience, overcome adversity, and manage stress effectively. From understanding the foundations of resilience to applying practical techniques in both personal and professional settings, each session offers actionable insights to help you thrive amidst challenges. Join us this month to enhance your resilience, reduce stress, and cultivate a mindset that turns obstacles into opportunities for growth and success. **Interested in joining? Register [HERE](#).**

- **September 4, 2024: What Is Resilience?**  
Begin your journey to understanding resilience with this foundational session. Learn what resilience truly means and why it's crucial in both personal and professional contexts. This session will cover the characteristics of resilient individuals, the importance of resilience in facing life's challenges, and how you can start building your own resilience. Discover the power of a resilient mindset and how it can lead to increased well-being and success.

- **September 11, 2024: How to Face Adversity with Resilience**  
Adversity is a part of life, but how you respond makes all the difference. In this session, explore practical strategies for facing adversity with resilience. Learn how to stay grounded in the face of challenges, maintain a positive outlook, and adapt to change effectively. This training will provide tools to help you bounce back stronger from setbacks, keeping you on track toward your goals despite obstacles.
- **September 18, 2024: How to Overcome Obstacles at Work with Resilience**  
Workplace challenges are inevitable, but resilience can help you navigate them successfully. This session focuses on overcoming obstacles at work with resilience, whether they involve difficult tasks, conflicts with colleagues, or adapting to organizational changes. Gain insights into maintaining your composure, staying solution-focused, and turning challenges into opportunities for growth. Learn techniques to strengthen your resilience in the workplace and maintain your professional momentum.
- **September 25, 2024: Strategies for Coping with Stress**  
Stress is a common experience, but effective coping strategies can make all the difference. In this session, we'll explore a range of strategies for managing stress and preventing burnout. From mindfulness practices to time management techniques, learn how to build a stress-resilient lifestyle. Discover how to identify stress triggers, develop healthy habits, and maintain balance in your personal and professional life.

Interested in joining us? Register [HERE](#)

- [EAP Orientation for Supervisors, Leaders, and HR Professionals](#)  
This is a new monthly EAP orientation with a focus on the EAP benefits available to supervisors, leaders, and HR professionals. **Monday, September 9, 2024, 3:30 pm – 4:00 pm**
- [EAP Orientation to the Employee Assistance Program](#)  
Learn about all the EAP offers through a live 30-minute EAP Orientation webinar. **Monday, September 9, 2024, 10:00 am – 10:30 am.**

**Can't attend the live September webinars?** Check out [future dates](#). In addition, EAP offers [on demand webinars](#) on a variety of subjects, including [EAP Orientation](#), [depression and anxiety relating to stress](#), [nurturing success for Black employees in and out of the workplace](#), [resources for older adults and their family caregivers](#), [emotional intelligence](#), and [more](#).

## Work/Life Resources

In September, the [EAP Work/Life site](#) is offering tools and resources to help you better understand and practice **becoming more creative and trying new activities**. Learn how to be more creative -- whether you try a new hobby or make some new connections – and find inspiration to break free from routine and feel more joy and vitality. Get started by viewing this month's on-demand seminar, "**Crafting Joy: Finding**

**Fulfillment in Creative Pursuits**” – it’s available beginning **Tuesday, September 17th** through the [Work/Life site](#): just login with your Work/Life Access Code: **UW**

## Monthly Resources for August and September

### September: National Suicide Prevention Month

In addition to the back-to-school resources we featured in August, during September we take the opportunity to highlight the critical importance of mental health awareness, especially as it relates to suicide prevention. **National Suicide Prevention Month** serves as a vital reminder that mental health struggles can affect anyone, and it's essential to foster environments where open conversations about mental well-being are encouraged. To support our community during this time, we have curated a selection of resources designed to educate, support, and provide hope to those who may be struggling, as well as their loved ones. Whether it's learning to recognize the signs, knowing how to offer support, or finding the right professional help, these resources are here to remind everyone that they are not alone and that help is available.

### Crisis Support

In times of crisis, knowing where to turn for immediate help can be lifesaving.

If there is an emergency or immediate danger of harm, please call **911**.

For those who need crisis support, the following resources are available to provide help and hope:

**988 Suicide & Crisis Lifeline**: Call, text, or chat **988** for confidential, free support available 24/7/365. Whether you're experiencing thoughts of suicide, a mental health crisis, substance use concerns, or emotional distress related to economic worries, relationships, sexual identity, illness, abuse, or loneliness, the 988 Lifeline is here to help. You don't have to be suicidal or in crisis to reach out—you can also call if you're concerned about someone else. **Spanish language support is available.**

- **Crisis Text Line**: Text "HELLO" to 741741 for free, 24/7 crisis support via text message. This service is available to anyone in crisis, whether you're experiencing anxiety, depression, or any other emotional distress.
- **National Alliance on Mental Illness (NAMI) Helpline**: 1-800-950-NAMI (6264) or text "NAMI" to 741741 for support and resources related to mental health concerns. NAMI provides a broad range of support for individuals, families, and communities.
- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline**: 1-800-662-HELP (4357) for free, confidential, 24/7 treatment referral and information services for individuals and families facing mental and/or substance use disorders.
- **Support for Specific Communities**
  - **Teen Link** (for those under 21): 1-866-TEENLINK to talk to a peer.
  - **The Trevor Project** (for LGBTQ+ young people): 1-866-488-7386, text 678-678, or dial 988, then press 3.
  - **Veterans Crisis Line** (for current and former service members): Dial 988, then press 1.
  - **Trans Lifeline** (peer support for transgender persons): 1-877-565-8860.

- **Native and Strong Lifeline** (when calling from a Washington area code): Dial 988, then press 4.
- **Native Resource Hub**: 1-866-491-1683 for assistance navigating behavioral health systems for tribes and tribally affiliated individuals.
- **Deaf or Hard of Hearing**: Text 988, dial 711 then 988 for TTY, or call 988 Videophone for ASL users.
- **Ayuda En Español**: Cuando usted llama al número 988.
- **Washington State Problem Gambling Helpline**: Call or text 1-800-547-6133.
- **National Maternal Mental Health Hotline**: 1-833-9-HELMOMS.
- **Disaster Distress Helpline**: 1-800-985-5990.

## Additional Suicide Prevention and Intervention Resources

- **Crisis Connections**: Offers a 24-hour crisis line with interpreter services in over 240 languages, including support for suicide prevention and mental health crises. Callers can request an interpreter in their preferred language when they contact the crisis line.
  - **Phone**: 1-866-4CRISIS (1-866-427-4747)
- **Consejo Counseling and Referral Service**: Provides bilingual mental health counseling and suicide prevention services with a focus on the Latino community.
  - **Phone**: 206-461-4880
- **Asian Counseling and Referral Service (ACRS)**: Offers culturally appropriate suicide prevention and mental health services in various Asian languages.
  - **Phone**: 206-695-7600
- **International Community Health Services (ICHS)**: Provides mental health and suicide prevention services in multiple languages, tailored to the cultural needs of Asian and Pacific Islander communities.
  - **Phone**: 206-788-3700
- **Sea Mar Community Health Centers**: Offers comprehensive mental health care, including suicide prevention and intervention, with services available in Spanish and other languages. Sea Mar operates a 24/7 Behavioral Health Crisis Line.
  - **Phone**: 1-855-289-4503 (24/7 Behavioral Health Crisis Line)
- **El Centro de la Raza**: Provides crisis intervention, including suicide prevention, within the Latino community. Their mental health services are offered in Spanish.
  - **Phone**: 206-957-4634
- **24-Hour Crisis Line** (through Crisis Connections): Offers immediate support for mental health crises, including suicide prevention, with interpreter services available. Callers can request an interpreter for assistance in their preferred language.
  - **Phone**: 206-461-3222 or 1-866-427-4747

## Additional Resources

- Learn the **5 Action Steps** for helping someone at risk of suicide: [1\) Ask, 2\) Be There, 3\) Keep Them Safe, 4\) Help Them Connect, 5\) Follow Up.](#)
- Educate yourself with the [facts about suicide](#).
- Review [data and statistics about suicide](#).

- For survivors of suicide loss, find support through the [American Foundation for Suicide Prevention](#).

## Web Resources

- **Suicide Prevention and Intervention Resources:** [Washington State EAP](#).
- **For Parents/Caregivers:** [Helping Your Teen/Young Adult](#).
- **For Educators:** [Helping Your Students](#).
- **Helping a Co-Worker:** [Concerned About a Co-Worker?](#)
- **Support for LGBTQ+ Youth:** [The Trevor Project](#), [It Gets Better](#).
- **Mental Health Screening:** [Take a Mental Health Test](#).
- **Online Training:** [Free Brief Online Training](#) for those with suicidal thoughts, substance or mental health problems, or their loved ones.
- **Safe Messaging About Suicide:** Learn the importance of [safe messaging](#) to prevent harm.

## Live Webinars

- **Understanding Suicide:** Tuesday, September 10, 10:00 am – 11:00 am PT ([Register here](#)).
- **LGBTQ+ Youth Suicide Risk Reduction - Lab #1:** Thursday, September 12, 10:00 am-12noon PT ([Register here](#)).
- **Heroes of Hope: Championing Suicide Prevention Together:** Friday, September 13, 8:00 am – 11:30 am PT ([Register here](#)).
- **LGBTQ+ Youth Suicide Risk Reduction - Lab #2:** Thursday, September 19, 10:00 am-12noon PT ([Register here](#)).
- **LGBTQ+ Youth Suicide Risk Reduction - Lab #3:** Thursday, September 26, 10:00 am-12noon PT ([Register here](#)).

## Encouragement and Awareness

- Remember, taking care of your own mental health is crucial, especially when supporting someone in crisis. Simple self-care practices can prevent burnout and build resilience.
- Spread awareness for Suicide Prevention Month by sharing resources on social media, wearing suicide prevention ribbons, or attending local events.
- Consider volunteering with crisis helplines, mental health organizations, or community outreach programs to contribute to suicide prevention efforts.

## August: Back-to-School Resources

As the summer winds down, the buzz of anticipation grows with **the approach of a new school year**.

Whether you're a teacher gearing up for a fresh batch of students, a college student setting sights on challenging courses, or a family prepping for the bustling routine of school days, this is a season brimming with potential.

For educators in both K-12 and higher education, it's a time to innovate and inspire. Preparing your classrooms means not just organizing supplies and syllabi, but also fortifying yourself with the latest educational strategies to enrich your teaching. Students of all ages are on the threshold of knowledge,

ready to dive into new subjects and extracurriculars that will shape their futures. Meanwhile, families are pivotal in this transition, as they support their students by setting routines, creating effective study spaces at home, and fostering an environment that nurtures educational growth and curiosity.

Together, let's embrace the upcoming school year with enthusiasm and a prepared spirit. Whether it's through refining teaching methods, engaging with new learning communities, or simply organizing a back-to-school schedule, the goal is the same: to make this school year successful and rewarding for everyone involved. Let this be a year of discovery, achievement, and joy in the journey of education.

## Articles

### Work:

- [How Employers Can Help Working Parents Navigate Back-to-School Season](#)
- [5 Ways HR Can Support Working Parents During a Busy Back-to-School Season](#)
- [Leader Support for Employees Who Are Caregivers](#)
- [Today's Working Parents Need Better Support from Their Employers](#)
- [Working Caregivers: How Companies Support Employees with At-Home Roles](#)
- [Addressing Working Parents' Back-to-School Worries: Expert Advice from a Therapist](#)
- [Are You Leveraging "Back to School" in Your Workplace?](#)
- [How to support employees as kids go back to school.](#)
- [Five Ways Employers Can Support Working Parents During School Season](#)
- [Supporting Working Parents: 4 Tips for Back-to-School Success](#)

### Schools and Educators:

- [Teachers: Protecting Your Mental Health](#)
- [What Teachers Really Need to Thrive](#)
- [Educators' Self-Care Ideas](#)
- [Back to School: Teacher Tools](#)
- [5 Ways Schools Can Retain More Black Educators](#)
- [LGBTQ+ Youth Mental Health Resource Collection](#)
- [GLESN Educator Resources \(to support LGBTQ+ students\)](#)
- [How Schools Can Support Neurodiverse Students](#)
- [In Their Own Words: Teens' Tips for Partnering with Youth](#)
- [Mental Health Literacy Training for Educators and School Staff](#) (offered by [Central East MHTTC](#) and the [National Center for School Mental Health](#))
- [4 Ways to Meet Student Parents' Needs on Campus](#)

### Family and Parenting:

- [The Ultimate Back-to-School Checklist: What to do Now and What Can Wait](#)

- [Off to College: Supplies to Take](#)
- [Back to School Conversation Starters](#)
- [Back to School Anxiety](#)
- [School Mornings Without the Stress](#)
- [How Can We Help Kids with Self-Regulation?](#)
- [How Parents Can Deal with the Stress of Their Kids Going Back to School](#)
- [4 Habits to Help Kids with Social Anxiety](#)
- [How Parents Can Support Their College Student's Mental Health](#)
- [8 Ways Parents Can Help College Students Protect Their Mental Health](#)
- [Protecting Your Child's Mental Health Online](#)
- [The Most Important School Data Families of Color Need to Consider](#)
- [Is Your School's Curriculum Anti-Racist – Or Something Else?](#)
- [Tips for LGBTQ+ Students to Thrive](#)
- [In Their Own Words: LGTB+ Young People Head Back to School](#)
- [For LGBTQ+ Students: Your Back-to-School Advice](#)
- [How to Support Learning at Home](#)
- [7 Things to Tell the Teacher About Your Child](#)
- [ADHD and School: Setting Up Your Child for Success](#)
- [Getting Your Child Mental Health Support and Accommodations in School](#)
- [How Do I Partner with My Child's School](#)
- [How to Help Your Child Succeed](#)
- [What Every Parent Needs to Know About Their School Board](#)
- [11 Considerations Before Going Back to School as a Parent](#)
- [For Student Parents, the Biggest Hurdles to a Higher Education are Costs and Finding Care](#)

## General Resources

- [Promoting Positive Mental Health in K-12 Students](#) (LIVE WEBINAR): Tuesday, August 20, 2024, 9:00 am – 10:00 am PST (McClean Hospital)
- Back to School Wellness for School Staff (RECORDED WEBINAR): [Recording](#) and [Slides](#).
- [The Integrated Schools](#) (PODCAST)
- [Pressure to be Perfect: A Parent's Guide to Instagram](#) (PDF Toolkit)
- [Stressed Out Kids? Signs and Strategies](#)
- [Wellbeing Tools for Younger Children and Their Parents](#)
- [Wellbeing Tools for Youth and Teens](#)

And, if you're struggling, or looking for some support, guidance, or useful resources, please know that our [EAP](#) is here for you -- don't hesitate to reach out: [1-877-313-4455](tel:1-877-313-4455) or [online](#)