



Mental Health First Aid



February

Visit your home page starting
February 19th:

www.caresworklifesolutions.com

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.

ONLINE SEMINAR

Being equipped to be able to respond to peers and support co-workers in a manner that is helpful is an important emotional health skill. An employee may hear news of a recent bereavement of a family member, and look to their teammates for support in the workplace.

The goal of this session is to develop and train employees to provide emotional support to co-workers who are facing individual emotional concerns.

Your Employee Assistance Program is available 24/7 to help with your and your co-workers' emotional health