


EAP Quarterly Calendar of Resources

 Items requiring log in to the online Self-Help Resource Center. [Click here](#) for help.

APRIL	MAY	JUNE
<p>ESI's Featured Website Monthly Topic</p> <p>➤ Helping You and Your Child Adjust to Divorce</p>	<p>ESI's Featured Website Monthly Topic</p> <p>➤ Living with Loss One Day at a Time</p>	<p>ESI's Featured Website Monthly Topic</p> <p>➤ Procrastination: Getting & Staying Motivated</p>
<p>Selected National Observances</p> <p>➤ National Alcohol Awareness Month/Substance Misuse</p> <p>➤ Financial Literacy Month</p> <p>➤ Stress Awareness Month</p>	<p>Selected National Observances</p> <p>➤ Mental Health Awareness Month</p> <p>➤ Women's Health Week</p> <p>➤ National Physical Fitness and Sports Month</p> <p>➤ National Stroke Awareness Month</p>	<p>Selected National Observances</p> <p>➤ Men's Health Month</p> <p>➤ Alzheimer's & Brain Awareness Month</p> <p>➤ PTSD Awareness Month</p> <p>➤ LGBTQ+ Month</p>
<p>Suggested EAP Resources</p> <p>➤ National Alcohol Awareness Month and Substance Misuse</p> <ul style="list-style-type: none"> • From Training Library: Working Sober! Substance Abuse in the Workplace: SVL_061136 • Blog: What to know about the growing fentanyl crisis • Self-Help Resources: Substance Use, Misuse and Addictions <p>➤ Financial Literacy Month</p> <ul style="list-style-type: none"> • Webinar: Budgeting Basics: Financial Wellness is Within Reach! • Blog: Money worries? April is Financial Literacy Month. Learn how ESI EAP can help • Explore: Certified Financial Coaching <p>➤ Stress Awareness Month</p> <ul style="list-style-type: none"> • Webinar: Minimizing Worry to Maximize Your Life • Blog: Feeling angry, stressed, or anxious? Get help! 	<p>Suggested EAP Resources</p> <p>➤ Mental Health Awareness Month</p> <ul style="list-style-type: none"> • Blog: Mental Health Help: Hotlines, Tools & Resources • Webinar: Beyond Blue: Understanding Mental Illness • From Training Library: Workplace Mental Health: Coping Strategies: SVL_1021880 • Live Webinars on mental health topics- Details to be announced soon! <p>➤ Women's Health Month</p> <ul style="list-style-type: none"> • External Link: Office of Women's Health • External Resource: Healthy Living by Age <p>➤ National Physical Fitness and Sports Month</p> <ul style="list-style-type: none"> • External Resource: Move Your Way • External Resource: National Bike Month <p>➤ National Stroke Awareness Month</p> <ul style="list-style-type: none"> • External Resource: Stroke Facts • Blog: Know stroke signs, use wellness programs to lower stroke risk factors 	<p>Suggested EAP Resources</p> <p>➤ Men's Health Awareness Month</p> <ul style="list-style-type: none"> • External Resource: Improving men's health • Self-Help Resource: Screening for Men's Health Problems <p>➤ PTSD Awareness Month</p> <ul style="list-style-type: none"> • External Resource: National Center for PTSD • From Training Library: Recovering from a Personal Disaster: SVL_1020691 <p>➤ LGBTQ+ Month</p> <ul style="list-style-type: none"> • From Training Library: Being an Ally at Work: 10 Tips to Live By: SVL_1020876 • Blog: LGBTQ+ Pride Month at Work <p>➤ Alzheimer's & Brain Awareness Month</p> <ul style="list-style-type: none"> • External Resource: Alzheimer's Association • External Resource: Alzheimer's Disease and the Workplace

Coaching & Counseling 24/7—1-800-252-4555

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