

EAP MONTHLY UPDATE

FEBRUARY 2024

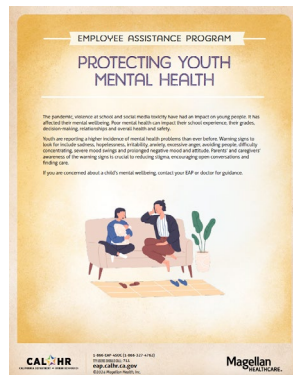
Welcome to the EAP Monthly Update!

Reports of stress, anxiety, depression or thoughts of suicide among America's youth continues to increase, and they are affecting the lives of millions of adolescents and their families. This month, you can learn strategies to help youth navigate mental health challenges and access help.

MONTHLY ARTICLE:

Protecting Youth Mental Health

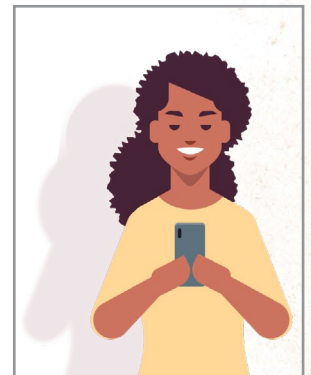
The pandemic, school violence and social media toxicity have not been kind to young people. Youth are reporting a higher incidence of mental health problems than ever before. Poor mental health can impact their school experience, their grades, decision-making, relationships and overall health and safety. For more information, read the article on Protecting Youth Mental Health in the Trending section on the [EAP website](#).



EAP FEATURED BENEFIT:

Virtual Therapy, Powered by BetterHelp

Does it sometimes seem like your teen or a young person in your life could use some additional guidance and support? Check out youth counseling services through BetterHelp. Licensed, trained and experienced therapists can help adolescents cope with various life challenges through text message, phone, chat or video conference. Working with a therapist can help them learn and practice new ways of coping to help improve their mental wellbeing. Learn more on the [EAP website](#).



MIND YOUR MENTAL HEALTH

Stress in Children and Teens

Amidst their busy lives, adults may sometimes miss signs that their child is severely stressed. What resembles physical discomfort could be a stress reaction that a child doesn't have the emotional vocabulary to express. Behavioral symptoms of stress in adolescents can include irritability or moodiness, withdrawing from activities, clinging to a parent or teacher or displaying newly aggressive or stubborn behavior. Below are some tips to help support a young person in your life who is struggling with stress.

- If you notice your child struggling, try doing simple things together. Take a walk, make a craft, play catch or go out to eat. Shared low-pressure activities can make your child feel more comfortable sharing their worries.
- If a teen's after-school activities create stress because of scheduling and trying to keep up with homework, ask them to consider eliminating an activity.
- Set a good example by letting your child see how you manage stress. Show them how to step back, breathe deeply and slow down.

Visit the [Mind Your Mental Health web page](#) on the EAP website or call EAP at 1-866-EAP-4SOC (1-866-327-4762) TTY: 711 for confidential mental health resources.

UPCOMING LIVE WEBINARS

February Webinar

Teenager and Young Adult Mental Health Awareness

Wednesday, February 14, 2024 | 11:00 – 11:45 a.m.

Description: This webinar helps attendees discuss mental health versus mental illness. You will discuss common challenges with teens and young adults and list ways parents and loved ones can help.

These webinars are free and supervisor approval is required to participate. Space is limited. To register, visit the [EAP website](#). Scroll down to the bottom of the homepage. On the right side under the header for Featured Topics, click on the link for Access webinar.

Webinars are recorded and are available on the website approximately two to three weeks after a live event. To view past webinars, go to the [EAP website](#). Click on the Learning Center header. Scroll down on the Learning Center page. On the left side of the page, click on Webinars. Click on View More to select the individual webinar recording and access the slideshow and any handouts shared during the webinar.

March Webinar – Employees

Balancing Your Financial and Emotional Wellbeing

Wednesday, March 13, 2024 | 11:00 – 11:45 a.m.

Description: This webinar will describe challenges like inflation, household expenses, debt and fluctuating income. Attendees will understand the importance of financial and emotional wellbeing and identify support resources, including the help of a professional.

March Webinar – Managers

Tips for Managing Change in the Workplace

Wednesday, March 27, 2024 | 11:00 – 11:45 a.m.

Description: This webinar will describe types of change and how these affect employees. The speaker will identify tips to help leaders cope with change and explain coping skills anyone can use when facing change.