



# Better Together

## EAP Partner Bulletin\*



2026 | Q1

### Mark Your Calendars! (Live Overviews & Training Sessions)

Wednesday, 1/14	TotalCare EAP Benefits Presentation	12:00 PM EST	<a href="#">Register</a>
		3:30 PM EST	<a href="#">Register</a>
Thursday, 1/15	ESI Supervisor Manager/HR Overview	12:00 PM EST	<a href="#">Register</a>

### ★ EAP Highlight

### Making Positive Changes in the New Year

Each month, our Clinical Coaches help hundreds of employees make significant positive changes in their lives. Please take a moment to review the short White Paper by our Chief Clinical Officer, Kathleen Jahnke.

- [Why ESI Coaching Programs Are So Important](#)
- [Coaching Flyer](#)
- [Video](#)

### Webinars (January – March)



January	Budgeting Basics
February	Eat Your Way to Better Health
March	Do Your Bucket List: 7 Ways to Up Your Focus on Things that Matter

Log in to [www.theEAP.com](http://www.theEAP.com). Check out these topics designed to improve your mental health and wellbeing!

### Boosting EAP Awareness and Utilization

Having an EAP is only the first step. To ensure your employees get help and benefit fully, it is essential to promote ongoing EAP awareness and make access easy and visible.

Here's a set of proven best practices:

- [Current Employee Letter](#) and [Orientation Video](#)
- Manager guide to [Maximizing the Value of your EAP](#)
- Whitelisting: An important step to [ensure members receive EAP emails](#)
- Participation in our [Automated Digital Communications \(ADC\)](#) (For this option, be sure to supply member emails.)
- Our EAP Awareness Campaign is a by-request customized 6-week campaign sent directly to your employees.

Partnership works! Contact your dedicated Account Executive to schedule a utilization enhancement discussion to help get the best return on investment!

### ESI Online Training

Check out a few of our new, popular, or highly rated trainings (Powered by BizLibrary):

Training	Course Code
Make Mentoring Count	SVL_014340_NQ
Harnessing the Power of ChatGPT: A Practical Guide for Workplace Productivity	SVL_1022135
AI Awareness	SP_6414012010
Emotional Intelligence Crash Course	SVL_1027430
Emotional Self-Regulation	SVL_4000199
Managing Stress	SVL_1022394
Mental Well-Being	SVL_104476

- **Don't forget! We offer state-specific and general workplace anti-harassment trainings. [Click here](#) for more information.**
- [Log In & Registration Step-By-Step Instructions](#)

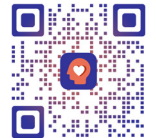


TotalCare EAP  
Public Safety EAP  
Educators' EAP  
Higher Ed EAP  
HealthCare EAP  
Union AP

800-252-4555  
[www.theEAP.com](http://www.theEAP.com)



Explore More of Your Employee Benefits



Download Talkspace Go for iPhone or Android

## Monthly Observances

### January:

- [New Year's Resolutions](#)
- [National Mentoring Month](#)

### February:

- [American Heart Month](#)
- [National Eating Disorders Awareness Week – 2/23 - 3/1](#)

### March:

- [National Nutrition Month](#)
- [National Sleep Awareness Week – 3/8 - 3/14](#)

## Talkspace Go

Kick off the New Year with positivity! Many employees may be seeking tools for personal growth, so don't forget to highlight that the **Talkspace Go app** is available **free of charge** to all staff and their family members (ages 13+). Normally a \$29.99/month/per person subscription, this monthly fee is fully waived for all EAP members. Help spread the word by sharing [this flyer!](#)

## HR/Supervisor Resource Center

The [Supervisor Resource Center](#) is a gateway to EAP benefits and tools specifically geared to HR staff, managers, and supervisors. It also encompasses information and resources on compliance issues, best practices, HR trends, and managerial training. Click the link above and then select the '**Supervisor Resource Center**' tile to access these benefits.



# EAP Collaboration Corner

We'd like to recognize our partner, MaryAnn Meyers (Human Resources Recruitment & Retention Specialist) at the Schenectady City School District (NY) for showcasing an excellent best practice in promoting the EAP on their website. Their HR Wellness Hub highlights valuable EAP resources and benefits, including Information & Resources, Newsletters, and Webinars. Be sure to check it out!

[Schenectady Schools HR Wellness Hub](#)



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*Got a creative way to promote the EAP? Send it to your EAP Account Executive —you might be featured in an upcoming edition of the Better Together Bulletin!*

