



# Better Together

## EAP Partner Bulletin\*



2026 | Q2

### Mark Your Calendar!

(Live Mental Health Awareness Sessions)

Friday, 5/8	Increasing Emotional Awareness	12:30 PM EST	<a href="#">Register</a>
Wednesday, 5/13	Mindfulness for Mental Health	12:30 PM EST	<a href="#">Register</a>
Wednesday, 5/20	Understanding Anxiety	12:30 PM EST	<a href="#">Register</a>
Wednesday, 5/27	Self-Care for Stress Resilience	12:30 PM EST	<a href="#">Register</a>

Missed the “Being a Mindful Co-Worker” Talkspace session on March 25th?

[Click here for the recording.](#)

## Manager Matters

### Tips for Supporting Employee Well-Being

- Keep an eye out for early signs of burnout. (i.e. Behavioral or Interpersonal Changes, Lack of Engagement, Declining Work Performance, Shifts in Attendance, Physical and Emotional Exhaustion, Persistent Fatigue).
- If you notice several of these signs, have a simple, supportive check-in. (i.e. “I’ve noticed you seem stressed and have been getting to work later than usual. Is there anything I can do to help?”).
- Adjust priorities and help lighten the workload where possible.
- Encourage the EAP for free, confidential support.

Your EAP is here to support managers and provide guidance on tough situations. For a full overview on how we can help, [watch our latest video: EAP Solutions for Managers, HR, and Supervisors.](#)

### Our Commitment to Your Employees’ Success

- **We care.** Our priority is ensuring a positive experience, and we take every concern seriously.
- **We’re responsive.** When issues arise, we act quickly and keep communication open.
- **We have staff ready to help.** Our team is prepared and available to address any questions, concerns, or unexpected situations.

#### This quarter’s EAP Success Story:

*We’d like to spotlight the strength of our counseling program by sharing a member’s inspiring EAP success story:*

#### Taking the First Step Toward Better Wellness

*One employee recently reached out to the EAP after noticing that her office based role had slowly led to a more sedentary lifestyle—both at work and at home. Her smartwatch showed she was averaging only about 2,000 steps a day, and she felt unsure how to get started with meaningful lifestyle changes. Through the EAP, she connected with a coach/counselor who helped her set realistic wellness goals and build a simple, motivating plan. Together, they worked on incorporating movement into her workday, creating small habits that fit her schedule, and identifying activities she genuinely enjoyed. With support and accountability, she quickly saw progress—her energy improved; her steps increased, and she felt empowered knowing she had a plan that worked for her.*

*Reaching out to the EAP helped her turn awareness into action and began a healthier, more balanced routine.*



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Explore More of Your Employee Benefits



800-252-4555

[www.TotalCareEAP.com](http://www.TotalCareEAP.com)

**★ EAP Highlight**

## Spanish Materials

We're excited to introduce our newly created Spanish QR Codes designed specifically for our Spanish speaking clients and members. By simply scanning the QR code, members will be directed to an EAP landing page, where they can easily access popular Spanish language flyers, brochures, member login, and a brief orientation video.

In addition to these digital resources, we also offer printed Spanish flyers and brochures that can be requested directly through your dedicated Account Executive.



**Explore Your EAP Benefits! (Spanish)**

## Monthly Observances and EAP Resources

<b>April</b>	<ul style="list-style-type: none"> <li>• <a href="#">National Alcohol Awareness Month/Substance Misuse</a></li> <li>• <a href="#">Financial Literacy Month</a></li> <li>• <a href="#">Stress Awareness</a></li> </ul>
<b>May</b>	<ul style="list-style-type: none"> <li>• <a href="#">Mental Health Awareness Month</a></li> <li>• <a href="#">National Physical Fitness and Sports Month</a></li> <li>• <a href="#">National Stroke Awareness Month</a></li> </ul>
<b>June</b>	<ul style="list-style-type: none"> <li>• <a href="#">PTSD Awareness Month</a></li> <li>• <a href="#">Men's Health Awareness Month</a></li> <li>• <a href="#">Alzheimer's &amp; Brain Awareness Month</a></li> </ul>



## EAP Collaboration Corner

We'd like to recognize our partner, Tina Kolaczyk, Director of Finance for the Town of Victor (NY), for demonstrating an outstanding best practice in promoting the EAP. During their Open Enrollment, Tina leads an EAP Scavenger Hunt to boost awareness, utilization, and employee engagement. Take a look at their flyer as inspiration for your own organizational initiatives:

[EAP Scavenger Hunt - Town of Victor, NY](#)

*Doing something creative in your organization that's made a real impact on EAP awareness and education?*

Share it with your peers! Send the details to your dedicated EAP Account Executive—you may be featured in an upcoming edition of the *Better Together Bulletin!*

