



Better Together

EAP Partner Bulletin*



2026 | Q3

Mark Your Calendar!

(Live Overviews and/or Talkspace Sessions)

Wed., 7/8	TotalCare EAP - Live Overview	12:00 PM EST	Register
		3:30 PM EST	Register
Wed., 7/15	HealthCare EAP - Live Overview	12:00 PM EST	Register
Wed., 7/22	Public Safety EAP - Live Overview	12:00 PM EST	Register
Wed., 7/29	ESI Supervisor/Manager/HR - Live Overview	12:00 PM EST	Register
Wed., 8/12	Higher Ed EAP - Live Overview	12:00 PM EST	Register
Wed., 8/26	Exploring Emotions and Physical Health	12:00 PM EST	Register
Wed., 9/16	Educators' EAP - Live Overview	3:30 PM EST	Register
Thur., 9/24	Understanding Depression	12:30 PM EST	Register

Reminder: Please let your staff/employees know to register for these sessions – even if they are unable to attend – to receive the recordings.

We are pleased to announce that over 5,000 members attended our live wellbeing sessions during the month of May. Feel free to view the recordings and share the links below:

- [Increasing Emotional Awareness](#)
- [Mindfulness for Mental Health](#)
- [Understanding Anxiety](#)
- [Self-Care for Stress Resilience](#)

Manager Matters

Supporting Employee Wellbeing During the Summer

Help your team make the most of summer by encouraging time off and true unplugging, while planning coverage early to avoid added stress.

- Offer flexibility** where you can. This may mean adjusted hours or remote days.
- Keep priorities clear** so workloads stay manageable despite vacations.
- Be mindful** of employees juggling childcare or changing routines and check in regularly to prevent burnout.
- Take advantage** of the season to boost morale with lighter touchpoints, and remind your team to step outside, recharge, and prioritize wellbeing.

Finally, be sure to share our [Summer Resources](#) Flyer to remind your team of the support available throughout the summer months.



Our Commitment to Your Employees' Success

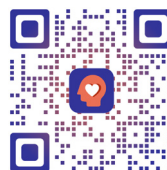
- We care.** Our priority is ensuring a positive experience, and we take every concern seriously.
- We're responsive.** When issues arise, we act quickly and keep communication open.
- We have staff ready to help.** Our team is prepared and available to address any questions, concerns, or unexpected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

This quarter's EAP Success Story:

Highlighting our exceptional counseling services by sharing a member's inspiring EAP success story:

Finding Stability During a Time of Change

After the end of a long-term relationship, one employee found himself suddenly moving, feeling isolated, and struggling with sleepless nights and financial worry. When he reached out to the EAP, he was connected with a counselor who provided supportive short term sessions focused on coping skills, sleep strategies, and practical financial planning. Within a few weeks, he reported feeling more grounded, less lonely, and better equipped to handle the changes in his life. With renewed confidence, he transitioned to ongoing community care—and shared that reaching out to the EAP was the first step that helped him feel hopeful again.



Download Talkspace Go for iPhone or Android



Explore More of Your Employee Benefits

TotalCare EAP
A division of ESI
800-252-4555
www.TotalCareEAP.com



EAP Highlight: Client Referral Program

Thank you for trusting ESI EAP to support your employees' wellbeing. We hope your experience with our Employee Assistance Program has made a meaningful difference in your workplace. If you know an organization that could benefit from this level of support, we'd truly appreciate you sharing your ESI experience with them.

Referring is easy, simply reach out to your ESI Account Executive with your reference's name, title, organization, and contact information, and we'll take it from there. As a thank you for helping us grow our ESI community, successful referrals can earn you an incentive. Your Account Executive will be happy to share more information. Help us make a difference in another workplace and thank you for being a valued partner.



Monthly Observances – EAP Resources (July - September)

July	• Summer Safety Tips • Family Health & Fitness Day National Recreation and Park Association • Juvenile Arthritis Awareness Month
August	• Summer Sun Safety • Back to School Safety Checklist - National Safety Council • National Farmers Market Week: 8/2 - 8/8
September	• Emergency Preparedness • Healthy Aging • National Suicide Prevention

EAP Collaboration Corner: North Coast Holdings & Subsidiaries



We're excited to spotlight one of our clients in the Collaboration Corner!

Debbie Valle, Benefits Manager at North Coast Holdings, Inc., has done a fantastic job leveraging EAP communications and personalizing them with her organization's branding. While Mental Health Awareness Month has passed, [this flyer](#) is a great example of how they continue to highlight EAP resources alongside customized, engaging messaging.

It's a great reminder for HR teams and EAP Coordinators that you can create your own branded EAP materials to enhance internal communications and drive employee engagement!

