

One Source EAP Connections

May is Mental Health Awareness Month

May 2020

This year's theme for Mental Health Awareness Month is **Tools 2 Thrive**.

Every year, millions of Americans struggle with extreme stress, anxiety, and depression, which impacts their ability to live their best life. This year, we are all grappling with COVID-19. Concern for the health and safety of family and friends, feelings of isolation, job losses and financial difficulties only intensify our emotions and can lead to negative behaviors including substance misuse and abuse.

One Source EAP has tools to help you, not just survive, but *thrive*!

- EAP network providers continue to conduct individual therapeutic sessions via telehealth or video conference
- We now offer virtual seminars via Zoom so you can join from anywhere
- The [Calm Collection videos](#) help you relieve stress in about two minutes - check back for new episodes

Remember, you are not alone! Should your anxiety related to the impact of COVID-19 begin to overwhelm any part of your life, please reach out to **One Source EAP** at **(800) 300-0628**. We are here for you 24 x 7 x 365.



Tools 2 Thrive

Articles:

[“Owning Your Feelings”](#)

[“Finding the Positives After Loss”](#)

[“Eliminating Toxic Influences”](#)

Stress Relief Apps on iTunes, Android:

[Happier](#)

[Calm](#)

[Headspace](#)

Substance misuse and abuse tools:

[Institute for Prevention and Recovery](#)

One Source EAP is offering virtual 15-, 30-, and 60-minute live virtual seminars on stress relief and meditation, as well as other seminar topics, such as:

- **Compassion Fatigue**
- **Navigating Chaos**
- **Grief Management**

To schedule a virtual seminar, contact your HR partner who will schedule it with the One Source EAP team.

One Source
Employee Assistance
Program

RWJBarnabas
HEALTH

To take advantage of your EAP benefit, contact **800.300.0628, 24/7, 365 days a year.**

Contact with the EAP is completely confidential!