

Profile EAP Webinar for April 2025

Understanding Risk Factors and How to Increase Protective Factors



April 16, 2025

12:00 – 12:30 PM

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Understanding risk factors and protective factors in mental health is essential for preventing mental health challenges and fostering resilience. Risk factors are characteristics or conditions that increase the likelihood of developing mental health problems. These factors can be biological, psychological, or environmental. Protective factors are conditions or attributes that help individuals cope with stress, reduce the impact of risk factors, and promote mental well-being. This training will cover both aspects and ways to develop stronger protective factors throughout your daily life.

Helping employees balance, work, family, and life.....

EAP can also help with a spectrum of daily living issues related to childcare, elder care, family, financial and legal concerns, education, housing and much more. The EAP is there to help you with the issues that matter to you and your family.

The screenshot shows the ProfileEAP.org website. At the top, it says 'CommonSpirit Profile EAP' and 'ProfileEAP.org'. Below that is a banner with the text 'Welcome To Your Work Life Portal' and an image of a healthcare worker. There are two main sections: 'Call: 1-800-645-6571' and 'Log In:'. The 'Log In' section has a 'Required' dropdown menu, an 'Email' input field, and a 'Password' input field. Below the input fields are links for 'Sign Up', 'Forgot Password', and 'Email Support'. At the bottom, there is a navigation menu with icons for 'Employees', 'Managers and Leaders', and 'Profile EAP Webinars & Support'. A red arrow points to the 'VIEW ALL WEBINARS' button in the navigation menu.

For more information or to schedule an appointment call Profile EAP at 1-800-645-6571

1st time user? – enter your email address and your company code (available at HR or call Profile EAP at 1-800-645-6571) – you will receive an email requiring you to reset your password

Click here to register for the webinar– no company code needed to register