



# MENTAL HEALTH

*Awareness  
Month*

## Tips for Getting the Most Out of Our Website



Explore the Mental Health sub link under the **Health and Wellbeing** tab to find a range of articles on topics like coping with job loss, managing high-functioning anxiety, dealing with uncertainty, handling loneliness at work, and many other mental health-related subjects. Our featured articles section—our **Banner**—will also show relative content.



The **Family and Relationships** tab features Mental Health content focused on Older Adults and Children. For Older Adults, topics include supporting those with depression, navigating care conversations, substance use, and the benefits of pets in reducing stress. The Children sub link offers articles on managing anxiety, buffering childhood stress, coping with grief, and several other related subjects.



This month, we're featuring a special **Podcast** series covering these topics: Children and Stress, Understanding Burnout, and The Sandwich Generation. Our Podcast section also has a special series related to First Responders and a guided meditation series.



Our **Assessments and Soft Skills** sections offer a variety of valuable resources. There are Assessments for anxiety, depression, resiliency, stress, and life satisfaction, with each result including tips and strategies for managing symptoms. Soft Skills has content focusing on building adaptability, assertiveness, mindfulness, and strategies for boosting happiness.



Don't miss this month's **Webinar: Fear and Anxiety: Moving Forward**—sign up today!  
Wednesday, May 14, 2025, 1:30 PM | (UTC-04:00) Eastern Time (US & Canada)  
Registration link: [ProfileEAP.org](https://ProfileEAP.org)