***OCTOBER 2023 EAP PROMOTIONAL EMAIL(s)***

Hello everyone – As we head into October, our [Washington State Employee Assistance Program (EAP)](https://www.des.wa.gov/services/employee-assistance-program) is offering the following resources to support you and your family:

* [**EAP webinars**](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/webinars)**: Learn about all that EAP offers, through a live 30-minute EAP Orientation webinar. In October, join EAP on** [Wednesday, October 18th at 11:30 a.m.](https://des-wa.zoom.us/webinar/register/WN_qaNEMFoXRQGgEMdBjbgTMg)

**Can’t attend the live October webinar? Check out** [future dates](https://des.wa.gov/services/employee-assistance-program/webinars) **or watch** [on-demand](https://youtu.be/ifbbASbQmfU)**. In addition, EAP offers on-demand** [webinars](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/webinars) **on a variety of subjects, including** [navigating change](https://youtu.be/6mLFJfSFXpE)**,** [leading change](https://www.youtube.com/watch?v=VD1at9n3f7k)**,** [stress management](https://youtu.be/SRXWUmHQhTc)**,** [creating psychological safety on work teams](https://www.youtube.com/watch?v=rxn3cJKZ6aQ)**, and** [more](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/webinars)**.**

* The EAP is pausing their Employee and Supervisor newsletters for a short while as they reassess their communication and promotion efforts, strategies, and priorities. In the meantime, you can find a variety of [resources](https://des.wa.gov/services/employee-assistance-program/resources) to support you at [eap.wa.gov](https://des.wa.gov/services/employee-assistance-program), including [Suicide Intervention and Prevention Resources](https://des.wa.gov/services/employee-assistance-program/useful-links/suicide-prevention-and-intervention-resources), [Resource Guides](https://des.wa.gov/services/employee-assistance-program/resources#EAPResourceGuides) and previous editions of the [Employee Newsletter](https://des.wa.gov/services/employee-assistance-program/publications/eap-employee-newsletter) and [Supervisor Newsletter](https://des.wa.gov/services/employee-assistance-program/publications/eap-supervisor-newsletter).
* In October, the [**EAP Work/Life site**](https://www.advantageengagement.com/1669/login_company.php) offers tools and resources to help support you with **handling challenging situations**, including building mindfulness skills to help you: (1) notice your thoughts, sensations, and emotions, and then (2) choose how to respond to even the most challenging events and circumstances. This month’s on-demand seminar, “**Pause. Breathe. Resume**”, is available beginning Tuesday, October 17th through [the Work/Life site](https://www.advantageengagement.com/1669/login_company.php): just login with your Organization Code, **<ASD>.**

And if you’re struggling, or looking for some support or useful resources, our [EAP](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/employees) is here for you: don’t hesitate to reach out at [1-877-313-4455](tel:877-313-4455) or [online](https://des.wa.gov/services/hr-finance/washington-state-employee-assistance-program-eap/employees#Counseling).

The letters "eap" are below a radiating sun which contains a person with upraised arms