Does your organization need an Employee Assistance Program?

Let's find out.

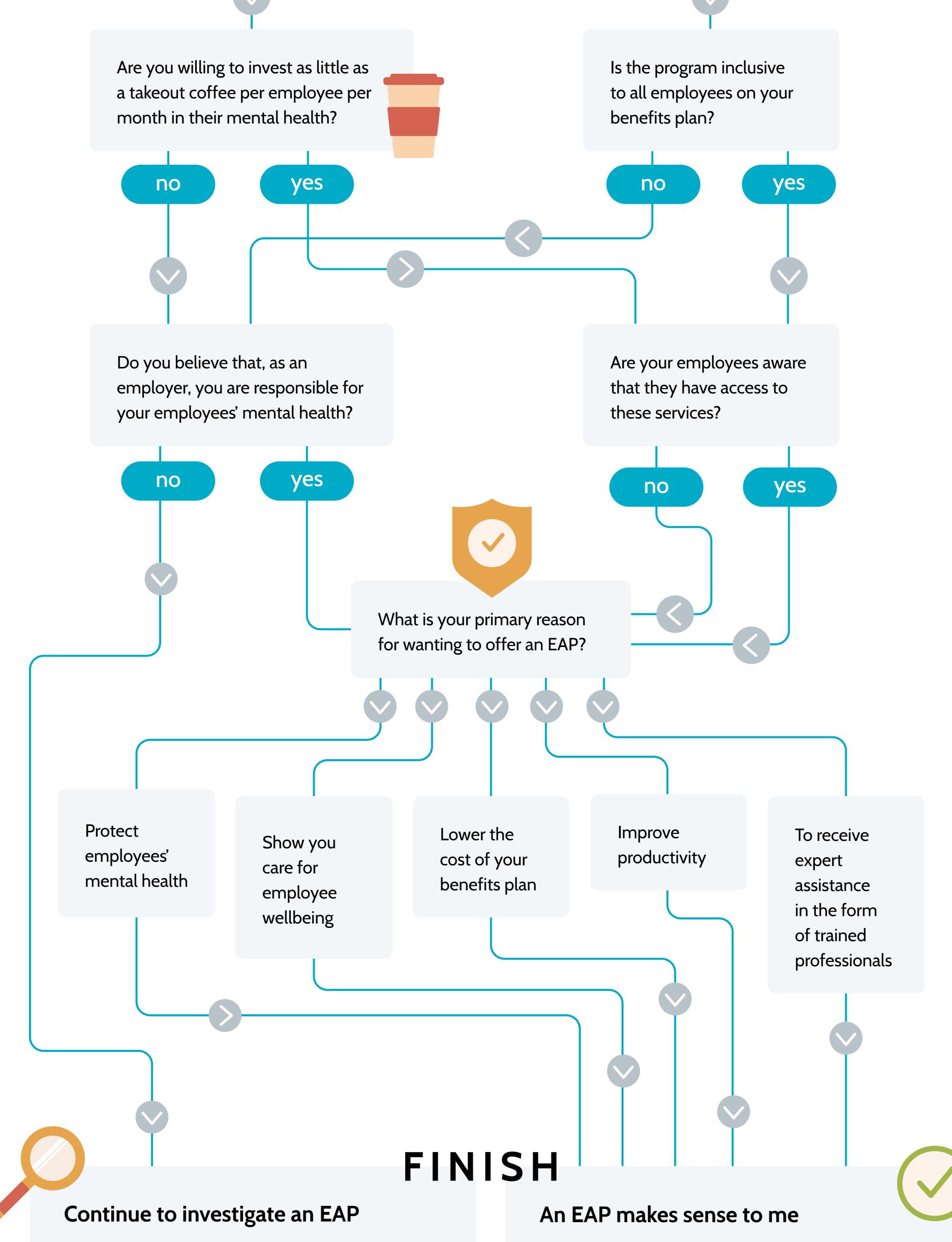


START

Does your group benefits plan **already have an EAP (or something similar) in place?**

no

yes



You may not feel you're ready for an EAP in your workplace right now, but we encourage you to continue to explore the merits of an EAP.

Employees' mental health has a significant impact on their productivity and the quality of their work. When employees are stressed and unhappy, this can negatively impact your business. Employers who proactively work to protect employees' mental health and provide appropriate support and resources will see improvements to their business. Whether you're looking to improve productivity, lower the cost of your benefits plan, receive expert assistance, protect employees' mental health, or show your employees you care, an EAP is for you.

EAPs provide employees with a resource to help them through life's ups and downs and manage their stress levels. And with today's rising mental health issues, EAPs are more crucial than ever.

If you're interested in having a conversation about the merits of an EAP, contact your advisor.

For more information about EAPs download the full EAP e-book: <u>Supporting a mentally healthy</u> workplace: EAP e-book



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If you already have an EAP in place, congratulations — you're ahead of the game! If not, **take the next step in supporting your employees' mental health by talking to your advisor.**

> Regardless of your decision to offer an EAP now or later we encourage you to chat with your advisor to see what is best for you and your employees!

> > 2023-05-02

