

# OCTOBER: NATIONAL DISABILITY EMPLOYMENT AWARENESS



## Recognizing the Power of Inclusion in Every Workplace

**National Disability Employment Awareness Month** celebrates the contributions of workers with disabilities and highlights the importance of inclusive employment practices.

This year's theme, "**Advancing Access and Equity**," reminds us that a truly successful workplace embraces all abilities, perspectives, and experiences. National EAP is proud to support organizations and individuals in creating environments where everyone can thrive together.

### Why It Matters

When employees of all abilities are empowered to bring their full selves to work:

- Teams become more innovative and empathetic
- Companies experience stronger collaboration and problem-solving
- Workplaces build a culture of respect, understanding, and belonging

### Need Help?

**CALL : 1-800-624-2593**

**Log On to the Member Portal**

**\*\*Your company name is your username and password**

### How You Can Support Peers of All Abilities

- **Listen with empathy.** Practice active listening and be open to learning about others' experiences.
- **Use inclusive language.** Avoid assuming what someone can or cannot do.
- **Ask, don't assume.** If you're unsure how to offer help, ask what support is needed.
- **Be an ally.** Speak up if you notice barriers, bias, or exclusion.
- **Educate yourself.** Take advantage of training, workshops, and awareness resources available through National EAP.

### How Can National EAP Help?

#### ► Member Portal Disability Resources:

Explore a rich library of articles, webinars, and tools.

Log in and search "disability" to find relevant content.



#### ► Wysa: Mental Resilience App

Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



#### ► EAP Services - Available 24/7.

We provide free, confidential support, counseling, stress management resources, and guidance to support emotional wellness, and navigate personal or family health concerns. Call 800-624-2593 or **Click here to Contact Us Online.**

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