



## Celebrate Inclusion. Support Accessibility. Prioritize Well-Being.

Disability Pride Month honors the history, experiences, and contributions of people with disabilities. It's a time to celebrate identity, promote visibility, and advance conversations around inclusion and accessibility in our workplaces and communities.

### Your Employee Assistance Program

24/7/365 access to EAP counseling services and online resources for you and your immediate family members.

National EAP also offers self-guided support through our Member Portal and Wysa, our AI-powered mental health app grounded in Cognitive Behavioral Therapy (CBT).



#### Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

### 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.



#### ▶ Work-Life Resources:

From disability-related legal and financial resources to help navigating caregiving or medical needs, our resource network is available 24/7.

