

DECEMBER 3RD: INTERNATIONAL DAY OF PERSONS WITH DISABILITIES



Recognizing the Power of Inclusion in Every Workplace

International Day of Persons with Disabilities celebrates the contributions of workers with disabilities and highlights the importance of inclusive employment practices.

A truly successful workplace embraces all abilities, perspectives, and experiences.

NEAP 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

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 NEAP Can 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.](#)