

# OCTOBER: BREAST CANCER AWARENESS



## We See You. We Hear You. We are Here for You.

Breast Cancer Awareness month is a time of year where we celebrate survivors, support those affected by breast cancer, and inspire people to learn about early detection.

It is important for individuals to have regular breast cancer screening as part of their health check-ups. Early detection of cancerous cells can help ensure successful treatments.

### 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

### Resource Links to Support You During Breast Cancer Awareness Month

- [Breast Cancer Awareness](#)
- [Breast cancer types: What your type means](#)
- [Breast cancer prevention: How to reduce your risk](#)
- [Dense breast tissue: What it means to have dense breasts](#)
- [Breast Cancer: Diagnosis and Treatment](#)
- [Breast Cancer Screening](#)

### Additional Resources

#### Wysa: Mental Resilience App

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



#### Member Portal

- Access articles, tip sheets, and seminars on nutrition, fitness, stress management, and mindfulness. Gain valuable insights to make informed choices about your health.

