

# NOVEMBER – MEN'S HEALTH AWARENESS MONTH



## Recognizing the Power of Inclusion in Every Workplace

**Men's Health Awareness Month** is about more than physical fitness, it's about breaking the silence around mental health, stress, and preventive care. Together, we can foster a workplace where every colleague feels supported, valued, and empowered to prioritize their well-being.

### How You Can Show Support:

- **Check In:** A simple "How are you doing?" can go a long way.
- **Encourage Preventive Care:** Remind colleagues to schedule annual checkups and screenings.
- **Promote Balance:** Support time off for self-care, family, or mental health days.
- **Lead by Example:** Share your own healthy habits or stories of support.



#### Need Help?

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

### How Employees Can Support Colleagues

- **Start Genuine Conversations:** Take time to check in and listen without judgment.
- **Normalize Health Talk:** Encourage open discussions about doctor visits, stress, and balance without stigma.
- **Notice and Reach Out:** If a colleague seems off or overwhelmed, ask how they're doing.
- **Promote Healthy Habits Together:** Join workplace wellness challenges, Movember events, or lunchtime walks.
- **Lead with Empathy:** Show understanding and respect for different experiences.

### How Can National EAP Help?

#### ► [Member Portal Resources:](#)

Explore a rich library of articles, webinars, and tools. Log in and search "men's health" 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.](#)