



Recognizing the Power of Inclusion in Every Workplace

Men's Health 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.**

