

EAP MONTHLY UPDATE



Helpful Resources from your Employee Assistance & Work/Life Program

MAY 2023

Employee Enhancement Newsletter



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Supervisor Enhancement Newsletter



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DID YOU KNOW?

Your Employee Assistance Program (EAP) Offers **COMPUTERIZED COGNITIVE BEHAVIORAL THERAPY**

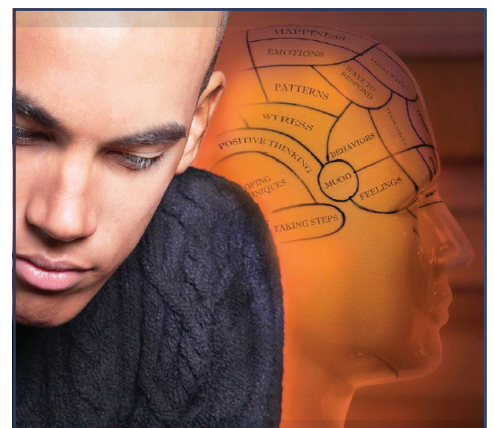
You now have a new way to obtain counseling through your Employee Assistance Program. For support with issues such as anxiety, stress, and depression, you can access computerized Cognitive Behavioral Therapy (cCBT).

Weekly, online interactive sessions teach you how to apply CBT concepts to change the way you think about and perceive events, resulting in an improvement to your personal well-being, family relationships, and work and social roles.

The confidential cCBT program* comprises seven sessions offered online over seven weeks. A qualified counselor will track your progress and guide you throughout via email and telephone support. Easy to use, with a personalized registration and login, this seven-week program utilizes video and multimedia to enhance your online experience.

Key Benefits

- An alternative way of receiving counseling
- Effective for mild to moderate levels of stress, anxiety and depression
- Helps to improve quality of life
- Sessions do not count against your individual face-to-face counseling



**Call the toll free hotline
888-993-7650 to start
a consultation.**

**Prior to accessing cCBT, an assessment is made to ensure clinical appropriateness. In some cases, short-term face-to-face or telephone counseling, or other support/resource options may be more appropriate.*

PROFESSIONAL & PERSONAL DEVELOPMENT

UCONN MAY WEBINARS

Self-Care Toolkit

In the recent past, many areas of our health and wellbeing have been constantly challenged, particularly our mental health and work-life balance. Now more than ever, we need to reflect on how to increase our wellbeing, take care of our mental health, and achieve balance between the different areas of our lives by implementing effective self-care strategies.

Tuesday, May 16, 2023
12:00pm – 1:30pm

[Register for Session](#)

Maintain a More Positive Mindset

In honor of National Mental Health Month, we'll discuss how to intentionally embrace a more positive mindset, including strategies for improving self-talk, managing emotions, and responding more effectively to challenging circumstances.

Thursday, May 25, 2023
12:00pm – 1:00pm

[Register for Session](#)

Mental Health -

Recognize and Respond: A Session to Help Employees Become an Agent of Change

We all have a role to play in helping to normalize conversations around mental health and contribute towards a respectful and supportive work environment where colleagues feel able to share concerns in an open way. As such, it is important that every employee has the confidence and competence to recognize if a colleague is behaving in a concerning way and know how to intervene in an appropriate and effective way, taking every opportunity to bring this subject out in the open and commit to making a difference. This seminar will help equip attendees with the knowledge to be a supportive colleague.

Wednesday, May 31, 2023
12:00pm – 1:00pm

[Register for Session](#)

WANT TO LEARN MORE ABOUT THE EAP PROGRAM?

If you missed joining an *Introduction to the EAP* session, or you are new to the University and want to learn more about the EAP, you can access recordings of the employee and supervisor/manager sessions on the [EAP website](#).

DEER OAKS SEMINARS



MAY ON DEMAND SEMINAR

Are You a Good Listener?

Conversation is a two-way activity, and listening is a very important part to ensure effective communication. This session will offer practical tips and discuss the benefits of being a good listener.

Available on-demand starting May 16th.
at www.deeroakseap.com.

Human Resources

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