

[HED May Mental Health Awareness Month 2024](#)

Your mental health and wellbeing are very important to us! If you or a family member experiences any mental health issues, remember that as part of your benefit package, we provide **free, confidential access to an excellent Employee Assistance Program – ESI EAP**. You or an eligible family member can call 24/7/365 for in-the-moment counseling and support – you don't need to ask for permission or get anyone's OK – simply call 800-252-4555. Or you can login to www.theeap.com/Higher-Education-EAP to access a vast array of tools and resources, including mental health assessments.

Please see attached [flyer to point you to many of the available mental health resources](#), as well as information on four live sessions that you can attend on these topics:

Wednesday May 1st, (12:30-1pm ET) – Mindfulness

Register for session:

https://us06web.zoom.us/webinar/register/WN_JbsKAc7kTGyf6R4gfOY9Bg#/registration

- **Wednesday, May 8th, (12:30-1pm ET) - Learning to Relax**

Register for session:

https://us06web.zoom.us/webinar/register/WN_8F4PFey1R3GL92RHcF5iGQ

- **Wednesday May 22nd, (12:30-1pm ET) - Self-Care to Relieve Stress**

Register for session:

https://us06web.zoom.us/webinar/register/WN_Z7BVXWoxQM6KhN6L2qGreQ#/registration

Wednesday, May 29th, (12:30-1pm ET) - Self-Care to Relieve Burnout

Register for session:

https://us06web.zoom.us/webinar/register/WN_Zxdc1cBSTNW9OJN1AQZ1hw#/registration