



PRIVATE EAP MEMBER PORTAL

Mental Health and Wellness For YOU

DID YOU KNOW that you have unrestricted access to exclusive mental health and wellness content, resources, and support all within your EAP member portal?

Be sure to check out our latest expert answers to *your questions*, new healthy *recipes*, plus recommended *reading*.

Create your FREE account today!

Already have an account? **Sign in** and see all the new content this month!

To create your **EAP account** in the member portal, simply follow the instructions below to begin accessing a broad selection of mental health and wellness resources.

1. Click **HERE** to create your account.
2. Enter your organization's unique *Company Code* (provided separately to your account administrator to share with you).
3. Share this information with your immediate family members within the household.
4. Begin exploring all the mental health and wellness resources available to you!

*Your Lifestyle EAP member portal tutorial video that provides all this information can be watched **here**.*



HOW CAN I TELL IF I HAVE A MENTAL HEALTH DISORDER?

By Luba Bijelic, MA, LMHC, NCC

Getting care for mental health issues is a sign of strength, not weakness, and it's vital to keep in mind that mental health diseases are prevalent and treatable. Many mental health illnesses have symptoms that overlap or can be mistaken for typical life stressors, making it difficult to confirm whether or not you have a disorder on your own.

The presence of a mental health condition may be indicated, however, by the following (13 of the most often reported symptoms of mental health problems):

- 1. Mood swings, such as sadness, depression, anxiety, irritability, or anger.**
- 2. Trouble sleeping or a sudden shift in your eating habits.**
- 3. Inability to focus or make a choice.**
- 4. Experiencing emotional disconnection, numbness, or hopelessness.**

- 5. **Substance abuse, self-injury, or contemplation of suicide all qualify as behaviors that destroy an individual from the inside out.**
- 6. **Persistent melancholy or a loss of hope.**
- 7. **Lack of enthusiasm for past interests.**

READ THE REST OF THE LIST...



This Month's Challenge

Embark on a journey to transform your relationship with food and cultivate mindful eating habits.

[LEARN MORE →](#)

Welcome to this month's *Mindful Eating Challenge*! Over the next 4 weeks, we will embark on a journey to transform our relationship with food and cultivate healthier eating habits. The core focus of this challenge is to practice mindful and slow eating, empowering you to fully savor each meal and develop a deeper understanding of your eating patterns. By the end of this challenge, you will be equipped with valuable skills to nourish your body and soul, fostering a more harmonious connection with the food you eat.

Sign in to keep reading and learn more.



ACCESS YOUR EAP COUNSELING SESSIONS TODAY

- Contact us either of the following ways:
 - Fill out the *Schedule an Appointment* form located in your Lifestyle EAP member portal account anytime.
 - Call us at (833) 434-1335 | Mon - Fri, 8am - 5pm CST
- Share your name, phone number, email, and any preferences you may have.
- Our team will work to get you (or your family member) matched and scheduled with one of our EAP counselors right away!