

MAY IS MENTAL HEALTH AWARENESS MONTH



TIME TO RECHARGE

Long-term exposure to stress can result in burnout which has far-reaching impacts on mental health and wellbeing. Learn about the signs of burnout and strategies you can adopt to prevent and alleviate stress by scanning the QR code below.

DID YOU KNOW?

- ❖ Through the Employee Assistance Program (EAP) you have access to **no-cost counseling sessions**.
- ❖ Appointments are available in-person or virtually.
- ❖ Services are **completely confidential**.

If you're struggling to manage, the EAP can help.

Contact your human resource department for the toll-free number to the EAP.

SCAN THIS QR
CODE FOR MORE
INFO AND
RESOURCES

