



DEPARTMENT OF ADMINISTRATION  
**Office of Employee Benefits**

## **Employee Assistance Program (EAP) Monthly Email – May 2023**

### **Overcoming stigma for better mental health**

Fear of judgment and shame often prevent people from seeking help. Don't let the fear of being stigmatized keep you from getting the support you need. If you need support for any reason, take advantage of the State's Carelon EAP benefit – it offers you and your household family members help and resources at no extra cost. Use it to:

- Access information about mental health concerns.
  - Find professional counseling online or in person.
  - Learn tips for taking care of yourself.
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**NEW!** Monthly Featured Webinar:  
*Raising diversity in your home*



The world is full of people with different backgrounds, cultures, beliefs, and abilities. As a parent or caregiver, you have the opportunity to help young people deal effectively with negative stereotypes that keep us from understanding each other. In this webinar, you will learn ways to talk about appreciating diversity while setting a positive example.

***When:*** May 17, 2023, at 2pm EST

***Register today:*** <https://bli-meetings.webex.com/weblink/register/re62d4210a94747b535feb97a3b8b6a0b>

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# Your Employee Assistance Program (EAP)

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. Just call or log on to get started.



**PHONE: 866-987-3705 | 401-429-2104**

**WEBSITE: <https://stateofrhodeisland.mybeaconwellbeing.com>**

*(If you're going to print this email, use attached "Printing Version" for best results)*

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