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EAP Newsletter | April 2026

Mental Health Awareness Month is coming up in May

For your preparation, FCH EAP is sharing resources to help foster conversations and build a foundation of support.



ARTICLES

This Month's Reading



For Employees:

Global Conflict & Mental Health
[English](#) | [Spanish](#)

For Supervisors:

Burnout to Belonging
[English](#) | [Spanish](#)

WEBINARS

This Month's Topics



Financial Health

[Access Webinar Here](#)

Work-Life: Home Ownership

[Registration Link Here](#)

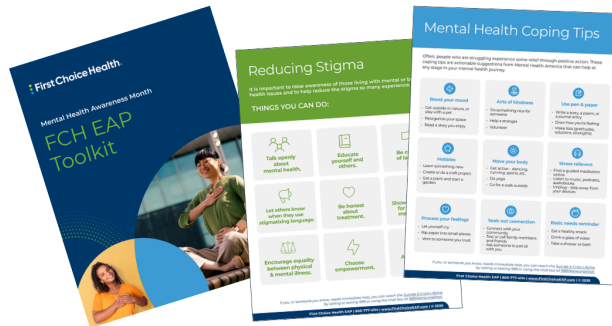
To access webinars, enter your company's username in the box under "Website Login."
If you don't know your username, contact your HR staff or call FCH EAP at 800-777-4114.



Get the FCH EAP MHAM Toolkit!

[View Online Toolkit](#)
[Download PDF Toolkit](#)

Our toolkit includes education and practical tools to boost mental health and wellness.



MENTAL HEALTH AWARENESS Start Exploring Resources



Maintaining Wellness

- [The Gut-Brain Connection](#)
- [Connecting With Community](#)

Reducing Stigma

- [EAPs Reduce Stigma At Work](#)
- [Ending Stigma-Make It OK](#)

Supporting Youth

- [Things You Can Say When You're Not "Fine"](#)
- [Protecting Your Child's Mental Health Online](#)

Managing Global Stressors

- [What To Do If The World Is Weighing On You](#)
- [How Can I Be Ok When The World Is Terrible?](#)

MENTAL HEALTH Self-Assessments



Use the links below to take free online assessments.

- [Well-being Assessment](#)
- [Generalized Anxiety Disorder](#) (GAD)
- [Depression Screening](#) (PHQ9)
- [Alcohol Use Disorders Identification Test](#) (AUDIT)
- [Drug Abuse Screening Test](#) (DAST10)
- [Screening Tool for Problem Gambling](#) (NCPG)

To access linked assessments, enter your company's username in the box under "Website Login."
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