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EAP Newsletter | May 2026

Creating More Good Days, *Together*

May is Mental Health Awareness Month (MHAM)

This edition of the FCH EAP Newsletter includes additional MHAM content designed to provide support and bring us together on our mental health journeys.



HELPFUL INSIGHTS

This Month's Reading



Employee Article

Why Hobbies Are Good For Your Mental Health

Access the article:

[English version](#) | [Spanish version](#)



Supervisor Article

How Leadership Can Drive Positive Changes In Workplaces

Access the article:

[English version](#) | [Spanish version](#)



WEBINAR HUB

Learn From Experts



Featured Webinar

Minimizing Worry: Analyze the root cause of worry, and learn strategies to break the cycle.

[Webinar Access Link](#)



Work & Life Webinars

Select links to register.

[Homebuying & Financing - 5/12](#)

[Mortgage Application - 5/13](#)

[Home Maintenance - 5/14](#)

*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.*



RESOURCES HIGHLIGHT Well-Being Support



Mental Health & Money
My Secure Advantage (MSA)

- [Info Flyer](#)



Student Loans Live Event - 5/20
My Secure Advantage (MSA)

- [Event Info](#)

MENTAL HEALTH AWARENESS MONTH

Creating More Good Days, *Together*

Cope & Connect

- [FCH EAP Work & Life Tips](#)
- [Traumatic Event Stress Management](#)
- [Learn About Support Groups](#)
- [Connecting With Community](#)





Reduce Stigma

- [FCH EAP Understanding Suicide Rate Disparities](#)
- [How EAPs Can Reduce Stigma At Work](#)
- [Ending Stigma-Make It OK](#)

Support Youth

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



Manage Stress

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

FCH EAP MHAM Toolkit

Includes education and tools for mental health and wellness support

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



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