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EAP Newsletter | June 2026



HELPFUL INSIGHTS This Month's Reading



Employee Article

*How to practice mindfulness
for improved well-being*

Access the article:

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



Supervisor Article

*Importance of Cultural Sensitivity
in the Workplace*

Access the article:

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



WEBINAR HUB

Learn From Experts



Featured Webinar

Wellness for Women: Learn what makes women's wellness unique

[Webinar Access Link](#)



Work & Life Webinars

Select links to register.

[Summer & Fall Market - 6/9](#)

[Homebuying & Financing - 6/10](#)

[Investment Properties - 6/11](#)

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

In-the-Moment Support (ITM)

Some life challenges present the need for immediate support. ITM connects you with a licensed clinician at a moment's notice.



[More Info: Free ITM EAP Benefit](#)

Helpful Info for Homebuying

My Secure Advantage (MSA) offers information on how to take confident steps toward homeownership.



[Download the Flyer Here](#)

June is Pride Month

A Time for Celebration, Reflection & Advocacy

This month highlights the mental health challenges faced by the LGBTQ+ community, and the ongoing journey toward inclusivity.

When environments, such as workplaces and social circles, prioritize inclusivity, we create a supportive space enabling all to thrive.



[MHA LGBTQ+ Resources](#)

[LGBT National Coming Out Hotline](#)

888-OUT-LGBT (888-688-5428)

[LGBT National Help Center](#)

Youth Talkline: 800-246-7743

Senior Hotline: 888-234-7243

[Trans Lifeline](#)

1-877-565-8860

[Trevor Project](#)

1-866-488-7386 | Text START to 678-678



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