



Mental Health First Aid



Employee Resource Systems, Inc.

February

Visit your home page starting
February 19th:

Go to www.ers-eap.com, enter your company's username and password then look for the SEMINAR link in the middle of the page.

WEBSITE: www.ers-eap.com

TOLL-FREE: 800-292-2780

**WHATEVER YOU NEED,
WE ARE HERE TO HELP.**

Just call or log on to get started.

ONLINE SEMINAR

Being equipped to be able to respond to peers and support co-workers in a manner that is helpful is an important emotional health skill. An employee may hear news of a recent bereavement of a family member, and look to their teammates for support in the workplace.

The goal of this session is to develop and train employees to provide emotional support to co-workers who are facing individual emotional concerns.

Available anytime, any day, your Employee Assistance Program is a free, confidential program to help you balance your work, family, and personal life.