

NEELY EAP

OCTOBER 2023

GET THE MOST FROM YOUR EMPLOYEE ASSISTANCE PROGRAM



WELCOME

We are so pleased to be your employee assistance provider. Employee Assistance Programs (EAPs) are a first-line response to providing prevention and short-term problem resolution services. We provide short-term counseling services, seminars, legal services, and financial advice, all FREE of charge to you. Each month our newsletter will be packed full of wellness information and updates about upcoming seminars and webinars.

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WELLNESS SEMINAR

Please join us for our live seminar
"Managing Money with a Smile"

Oct 19th @ 3pm

[REGISTER](#)

QUARTERLY WEBINARS

Please join us for our live seminar "Reflective Listening: The Power of Silence"

Oct 31st @ 1pm

[REGISTER](#)

ADHD Awareness Month

By: Courtney Garcia-Echeverria

October signifies a significant period of the year when the focus shifts towards a neurological condition that affects millions of people worldwide – Attention Deficit Hyperactivity Disorder (ADHD). ADHD Awareness Month provides an opportunity to enhance comprehension, cultivate empathy, diminish stigma, and extend support to individuals and families grappling with this condition. This article delves into the importance of ADHD Awareness Month and why shedding light on ADHD is crucial.

Understanding ADHD

ADHD is a neurodevelopmental disorder that impacts both children and adults. It is characterized by persistent patterns of inattention, hyperactivity, and impulsivity. Although ADHD presents differently in each individual, common symptoms include difficulty concentrating, forgetfulness, impulsiveness, restlessness, and poor time management.

Why ADHD Awareness Month Matters

Reducing Stigma

One of the primary motivations for observing ADHD Awareness Month is to diminish the stigma associated with the condition. Misconceptions and stereotypes about ADHD can lead to discrimination and misunderstanding. By promoting awareness, we can help dispel myths and educate the public about the realities of living with ADHD.

Encouraging Early Detection and Intervention

Early detection and intervention are vital for effectively managing ADHD. Awareness campaigns during this month help parents, teachers, and healthcare professionals recognize the signs and symptoms of ADHD in children, facilitating early diagnosis and appropriate support.

Empowering Individuals with ADHD

ADHD Awareness Month empowers individuals with ADHD to embrace their unique strengths and challenges. It fosters a sense of community and provides a platform for those affected by ADHD to share their experiences, strategies, and success stories. This collective support can boost self-esteem and resilience.

Conclusion

ADHD Awareness Month is a time for our community to unite and advocate for understanding, empathy, and support for individuals with ADHD. By shedding light on this neurodevelopmental condition, we can create a more inclusive and compassionate society where everyone can thrive, irrespective of neurological differences. Let us use this month as an opportunity to make a positive impact on the lives of those affected by ADHD and work toward a more inclusive and empathetic world.



References:
[ADHD Awareness Month: History, Mission, Ways to Celebrate \(healthline.com\)](#)

The Significance of Money: Why it matters to employees

By: Courtney Garcia-Echeverria

"Money, an indispensable aspect of our lives, wields its influence far beyond the realm of material wealth. For employees, it serves as a bedrock of financial stability and a significant determinant of their mental well-being. In this article, we delve into the intricate ways in which money shapes the mental health of employees.

Financial Security and Peace of Mind

One of the most direct connections between money and mental health lies in the sense of financial security and peace of mind it bestows. When employees earn enough to cover their basic needs, they experience reduced financial stress and lower anxiety levels. This alleviation of financial worries positively impacts mental health, leading to a decrease in symptoms of depression and anxiety.

Career Progression

Money also assumes a pivotal role in an employee's career trajectory. Competitive salaries and performance-based bonuses not only attract top talent but also serve as incentives for existing employees to continually enhance their skills and contribute to the organization's success. Employees who recognize a direct link between their performance and financial rewards are more inclined to invest in their professional growth.



Motivation and Self-esteem

Money significantly influences how employees perceive their own value and contributions. Fair compensation acts as a motivator and instills a sense of achievement in employees. Recognizing and appropriately rewarding employees can boost their self-confidence and overall mental well-being.

Quality of Life and Work-Life Balance

Money is a fundamental factor in an employee's ability to enjoy life beyond the confines of work. A reasonable income enables employees to partake in leisure activities, take vacations, and invest in personal development – all of which contribute to an enhanced quality of life. Striking a balance between work and life can mitigate feelings of overwhelm, stress, and burnout.

Conclusion

Money transcends its role as a mere transactional tool; it stands as a cornerstone of employee well-being and mental health. Employers who acknowledge the profound impact of compensation on their employees' mental well-being can cultivate a supportive environment that fosters financial security, reduces stress, and nurtures self-esteem."

To learn more about managing money, tune into the October webinar: [Managing Money with a Smile](#).



WHAT CAN MY EAP DO FOR ME?



About our logo

For decades, enslaved African Americans looked to the North Star for hope, inspiration, and freedom. Neely EAP (NEAP) provides the **hope** that your situation will improve, the **inspiration** to move you in the right direction, and the **freedom** to live your best life.

At Neely EAP, we understand the challenge of balancing work and life stresses while staying mentally healthy. That's why we've partnered with your employer to offer you the following services free of charge:

- 24/7 Hotline, Access to Confidential Services
- Free Short-Term Counseling and Couch Time Check-In (preventive annual counseling session)
- Legal and Financial Assistance
- Work-life referrals for adult care, childcare, pet care and more
- Wellness Trainings & Online Employee Training Vault
- Critical Incident Stress Debriefing

