

# NEELY EAP

MAY 2025

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.

24/7 Helpline: 866-212-6096  
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Web: [www.neelyeap.com](http://www.neelyeap.com)



## WELLNESS SEMINAR

Join us for our monthly seminar  
on **Mind Matters: Prioritizing  
Mental Health in Your Daily Life**

**05/22/25 | Thursday  
@2PM CENTRAL TIME**

[\*\*CLICK HERE TO REGISTER\*\*](#)

## QUARTERLY WEBINARS

Turning Stressful Situations  
into Collaborative Solutions

**REGISTRATION OPENING SOON**

# Mind Matters: Prioritizing Mental Health in Your Daily Life

By: Courtney Garcia-Echeverria

In the fast-moving world of work, it's easy to put our own well-being on the back burner. But just like physical fitness, maintaining mental health is essential—not only for your personal happiness but also for your professional performance. Prioritizing mental health can lead to increased focus, reduced burnout, and a more supportive work environment.



## Why It's Important

Mental health influences how we handle stress, relate to others, and make decisions. According to the World Health Organization, mental health is “a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively, and is able to contribute to their community” (World Health Organization, 2022). When mental health is neglected, it can lead to decreased job satisfaction, lower productivity, and higher absenteeism.

## Practical Tips for Everyday Wellness

Here are simple, realistic ways to make mental wellness part of your everyday routine:

- **Start with Small Breaks:** Even a few minutes away from your desk can lower stress and boost focus.
- **Connect with Others:** Meaningful conversations—even brief ones—can increase feelings of connection and reduce anxiety.
- **Set Healthy Work Boundaries:** Avoid checking emails after hours. Protecting your personal time helps recharge your mental energy.
- **Prioritize Sleep and Nutrition:** Rest and healthy food fuel your brain just as much as your body.
- **Use Available Resources:** Many workplaces offer support services such as Employee Assistance Programs (EAPs) or wellness benefits. Use them—they're there for a reason.

## The Bottom Line

Workplaces that support mental health are more resilient and productive. Research shows that for every \$1 invested in mental health treatment, there is a \$4 return in improved health and productivity (World Economic Forum, 2020). Taking care of your mental health isn't selfish—it's smart, and it benefits everyone around you. **To learn about how to better prioritize Mental Health in your daily life and the benefits of doing so, please tune into our seminar “Mind Matters: Prioritizing Mental Health in Your Daily Life” on May 22nd.**

**Remember: your mind matters—make time for it every day.**



### Reference:

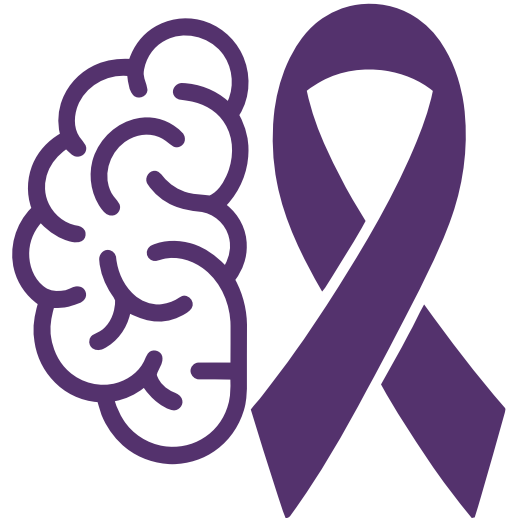
- World Health Organization. (2022). Mental health: Strengthening our response. Retrieved from <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
- World Economic Forum. (2020). Mental health at work: It's time to talk. Retrieved from <https://www.weforum.org/agenda/2020/10/mental-health-at-work-its-time-to-talk/>

# May Is National Mental Health Awareness Month: Let's Talk About It

By: Courtney Garcia Echeverria

Each May, we recognize National Mental Health Awareness Month—a time to reflect, speak up, and support each other around something that affects us all: our mental well-being. Mental health impacts how we think, feel, connect with others, and show up at work. Yet, despite how common mental health challenges are, they're often misunderstood or left unspoken. According to the National Alliance on Mental Illness (NAMI), 1 in 5 U.S. adults experience a mental illness each year (NAMI, 2023). That means someone on your team—or maybe even you—is likely navigating more than just deadlines and meetings.

This month is a reminder that mental health matters just as much as physical health, and that asking for support is a sign of strength, not weakness.



## How We Can Support Mental Health—Together

### Start the conversation

A genuine “How are you doing—really?” can go a long way. Normalizing check-ins makes a difference.

### Know what's available

Take a moment to explore and share our [insert your company's resources, like EAP, mental health benefits, or internal support programs]. Many of us don't realize what's already here to help.

### Set boundaries and respect others'

Encouraging breaks, unplugging after hours, and modeling balance are ways we show that well-being is a priority.

### Support without pressure

Not everyone will want to open up, and that's okay. What matters most is creating a space where people know they can.



## Final Thought

Mental Health Awareness Month isn't just a campaign—it's a movement toward more empathy, more openness, and more human workplaces. Whether you're leading a team or part of one, each of us plays a role in shaping a culture where everyone feels safe, valued, and supported. Let's keep the conversation going—not just in May, but all year long.

## Because when we take care of our minds, we all thrive.

### Resources & References:

National Alliance on Mental Illness. (2023). Mental Health by the Numbers. <https://www.nami.org/mhstats>  
Mental Health America. (2023). Mental Health Month. <https://www.mhanational.org/mental-health-month>





## 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

