



EMPLOYEE ASSISTANCE PROGRAM MAY 2025

“Understanding Mental Health”

Atrium Health’s Employee Assistance Program is designed to help employees and their families overcome personal concerns and other issues in the workplace and at home to achieve a healthy work-life balance.

We believe healthy, engaged employees are the foundation of a successful organization.

Our free prevention and wellness seminars are designed to help ensure our teammates have access to the resources they need for a happy workplace and a healthy home life.

Goals of the **Understanding Mental Health** webinar include:

- Normalize
- Define
- Understand
- Diagnose
- Prevent
- ...All things Mental Health

For your convenience this webinar will be held on varying days and times during the month.

Dates	Times
May 6 th , 2025,	12:00pm – 1:00pm
May 13 th , 2025,	1:00pm – 2:00pm
May 22 nd , 2025,	10:00am - 11:00am

Advance registration is required. To register, please call 704.355.5021 or click on the link below and complete the required fields:

<https://forms.office.com/r/FiM4kRUDZP>

**Classes may be cancelled without adequate registration.
These dates and topics are subject to change based on demand.**

Atrium Health’s Employee Assistance Program is designed to help you and members of your family with a variety of personal issues including marital conflicts, job stress, emotional, alcohol and drug problems and difficulties with children. If you or a family member needs help, contact the Atrium Health Employee Assistance Program at **704-355-5021** or **800-384-1097**.