



EMPLOYEE ASSISTANCE PROGRAM May 2026

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.

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:

- Understand the difference between mental health and mental illness
- Identify the different types of mental health providers
- Other factors to consider

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

Dates	Times
May 5th, 2026	Noon – 1:00 Pm
May 13th, 2026	10:00am - 11:00 am
May 20 th , 2026	1:00 - 2:00 pm

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

<https://forms.cloud.microsoft/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**.

We kindly ask that you refrain from recording the counselors or any materials shared during the webinar using any device or AI tools. If you have any questions, please feel free to contact the presenting counselor