



## **RISK AND DISABILITY MANAGEMENT**

### **EMPLOYEE ASSISTANCE PROGRAM**

The **Member Matters** (newsletters) is now changing to **Member Pulse** (blog). You can view the **September 2014** blog of **Member Pulse**, a member blog from MHN, our Employee Assistance Program provider at <http://mhnpulse.com>. Don't forget ... all District employees and their family members have access to a wide range of tools and resources that help balance work and life, improve health and wellness, and enhance emotional wellbeing through this program.

EAPs assist with everyday situations, as well as more serious emotional issues. So when the stresses of daily life add up, call the EAP or log onto the members-only website. Common reasons to reach out to an EAP include:

- Managing stress
- Overcoming depression
- Coping with grief and loss
- Tackling alcohol and substance abuse
- Addressing family and relationship issues
- Solving legal problems and getting finances in order
- Achieving a better work-life balance

You can visit the MHN EAP website at [www.members.mhn.com](http://www.members.mhn.com) or call (800) 227-1060. To access the member section of the MHN website, you must be a benefited employee. Please call Risk and Disability Management for the company code.