

# *Your Employee Assistance Program* Online Seminar



## **Navigating Social Media for Mental Wellness**

In this webinar, we will explore the impact of social media on mental health and ways to maintain digital well-being. Join us to learn strategies to leverage social media benefits and mitigate potential negative outcomes.

### **LET US HELP**

Visit the website below starting September 16

**WEBSITE:** [EAPHelplink.com](https://EAPHelplink.com)

**TOLL-FREE:** 1.800.833.3031

**COMPANY CODE:** IOWA

**SEPTEMBER 2025**



**ALWAYS AVAILABLE | FREE | CONFIDENTIAL**