



Employee Assistance Program (EAP) June 2026 Podcast

MENTAL HEALTH AT WORK— HOW EAP SUPPORT MAKES A DIFFERENCE

PODCAST DESCRIPTION:

In this podcast, we take a look at the critical role Employee Assistance Programs (EAPs) play in supporting mental health in the workplace. From stress and burnout to anxiety and life challenges, we explore how EAPs provide confidential, accessible resources that help employees navigate personal and professional struggles. Join us as we discuss the role of EAPs, why they are valued by employers, and why promoting mental wellness at work is more important than ever.



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