



**Employee Assistance Program (EAP)
October 2026
On-Demand Learning**



PODCAST

WORLD MENTAL HEALTH DAY

PODCAST DESCRIPTION:

During this podcast, you will learn how to champion open dialogue and use proactive strategies to support mental health. You will also discover ways to foster inclusion, reduce stigma, and build supportive environments for yourself and others.

ALWAYS AVAILABLE, FREE, & CONFIDENTIAL

**Visit the website below
starting October 10**

WEBSITE: EAPHelplink.com

COMPANY CODE: IOWA

TOLL-FREE: 1.800.833.3031

