

OCTOBER 10th is **WORLD MENTAL HEALTH DAY**

This World Mental Health Day, let us recommit to actions that will make a lasting difference: prioritizing mental health, promoting resilience, and ensuring no one faces hardship alone.

Together, we can build workplaces that are not only productive but also compassionate and prepared for whatever challenges lie ahead.

**Available starting October 10th
on your EAP Website**

**"Responding with Resilience: Ensuring Mental
Health Support in Times of Crisis"**

www.inova.org/eap



EMPLOYEE ASSISTANCE PROGRAM

Participants will benefit by being able to:

- ✓ Understand how catastrophes and emergencies impact employee mental health and overall organizational functioning.
- ✓ Recognize the importance of psychological safety and learn methods to promote open, supportive communication in crises.
- ✓ Identify concrete actions to embed empathy, resilience, and proactive care into everyday workplace culture for sustained wellbeing.

