



MAY IS MENTAL HEALTH MONTH

Wahpeton Public Schools offers an Employee Assistance Program (EAP) through Mutual of Omaha. Sometimes a personal or professional issue can get in the way of maintaining a healthy, productive life. Your

Employee Assistance Program (EAP) can be the answer for you and your family at no cost to you.

Go online to mutualofomaha.com/eap (Click on the "Request Services" button located near the phone number / Provide your company name, demographic information and the reason for seeking assistance / Click "Submit") or call [800-316-2796](tel:800-316-2796) anytime.

EAP CAN HELP WITH:

- Family
- Work
- Stress, Anxiety, Depression
- Loss
- Everyday life

COUNT ON:

- 24/7 Service
- 100% Confidential
- Professional, friendly team
- No cost for you (3 face-to-face visits)

Visit our revamped mobile app by visiting wahpetonpublicschools.mybenefitsapp.com or scanning the QR code below to learn more about mental health and Wahpeton Public School's EAP program.



ADDITIONAL TOPICS TO CONSIDER

RESEARCHING IN MAY:

National Health & Fitness Month

National Stroke Awareness Month

National Asthma and Allergy Awareness Month