



# EAP TOWN HALL SERIES

These are difficult times and The Employee and Physician Assistance Program (EAP) is offering monthly online talks focused on supporting your emotional and mental health.

We'll discuss topics such as resilience, communication struggles, anxiety, uncertainty, and a whole lot more to help you manage this new world we find ourselves in.

**October 25, 2021 12:30pm — 1:30pm**

## **It does get better: How KP employees are managing their mental health**

Mental health conditions can affect all of us at some point in our lives and, over the past 18 months, this has never been truer for KP employees. Through storytelling, we can find that we're not alone in experiencing mental health issues and that there is support for all of us as we take the journey. Listen to 5 of KP's Mental Health Advocates share personal stories of their struggles and how they managed to get the support or treatment they needed – moderated by an EAP Consultant.



*\*There are no call-in options for Live Events. Recording is made available by clicking on meeting link.*

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**Find the Town Hall link in the spotlight section of the EAP website: [kp.org/eap](https://kp.org/eap)**

- Find past recordings and keep updated on future events.
- Click on the link (and download app) to add Event to your calendar
- Watch recordings by clicking on the same links.
- Call-in numbers are not available for Live Events.

