EAP Services

- Are confidential
- Are at no cost to you
- Available to all employees and their household family members
- Receive 8 sessions per issue
- Stress work/career issues, marital, family, mental health, substance abuse or any problem causing you worry and frustration.
- Counselors available 24/365
- Telephone 502-589-4357
- humandev.com
- Virtual appointments
WE’RE NOT IN KANSAS ANYMORE!

- Global Pandemic
- Racial Inequity
- General Election
- ???
Maintaining Emotional Well-Being

- Healthy eating
- Exercise
- Resilience
- Healthy coping skills
- Stress management
- Practice
STRESS MANAGEMENT

Try to breathe in sync with this for relaxation.

MEET PEOPLE WHERE THEY ARE

• How often will you touch base?
• How will you do it?
• What is compassionate communication?
• What resources can you refer them to?
• When and how should you recommend or refer to a counselor (the EAP)?
Respectful communication is particularly important when people feel vulnerable. – cdc.gov

Express empathy by acknowledging their emotions. Make space to sit with their discomfort and your own.

Listen and allow emotional expressions or crying without interruption.
Don’t use examples from your own life; focus on the other person.

Pay attention to body language or verbal cues that the person would like to be left alone, speak to someone else, or speak with a mental health professional. It’s okay to ask them.
HDC

www.humandev.com
Click Member Login
Click Register
Create User Name
Enter Company: University of Louisville
Create Password
Verify Password
Select Passphrase Question
Provide Passphrase Answer
Click "I Agree"
Click Register

Work/Life Website
Personalized . . . Confidential . . . Online

800.877.8332
info@humandev.com
You can't pour from an empty cup. Take care of yourself first.
Thank you for attending this training.

For more information regarding our services, feel free to visit our website, or contact our office with any questions you may have.