



## October 2025 EAP PROMOTIONAL EMAIL

Hello everyone – As October begins, our [Washington State Employee Assistance Program \(EAP\)](#) is offering the following resources to support you and your family:

### Events and Webinars

The Washington State EAP is excited to share our expanded roster of *\*live\** [events and webinars](#)! We hope that you will be able to join us for the following events:

- Join us for Wellness Wednesdays – **every Wednesday at 12-12:30 pm or 4-4:30 pm**, whichever fits your schedule best!

#### **October Wellness Wednesday: Leadership in Action: Building Presence, Compassion, and Resilience**

This month's Wellness Wednesday series explores what it means to lead with presence, empathy, and everyday influence. Each session offers practical tools to strengthen leadership at every level — whether you're guiding a team or leading by example in daily interactions. Through interactive strategies, real-world examples, and mindful reflection, you'll learn how to balance care with accountability, remain resilient during times of change, and recognize your unique impact as a leader. To make these workshops more accessible, we're now offering two Wellness Wednesday sessions each week—join us at **12:00 pm or 4:00 pm**, whichever fits your schedule best! **To register for this series, click [HERE](#)!**

- **October 8, 2025: Leading with Presence**

Leadership begins with presence — the ability to be fully engaged and attentive in the moment. This session explores why presence matters, the barriers that get in the way, and mindful practices leaders can use to build focus and connection. Attendees will discover how to create grounding moments, set intentions, and use silence strategically to foster trust and clarity.

- **October 15, 2025: Compassion in Action**

True compassion in leadership isn't just about kindness — it's about pairing empathy with accountability to build trust and performance. This session explores the pitfalls of compassion without boundaries, accountability without care, and how to find the balance between the two. Attendees will practice communication strategies, learn a practical framework for compassionate accountability, and discover ways to show compassion in everyday leadership moments.

- **October 22, 2025: Resilient Leadership in Times of Change**

Change is inevitable, but how leaders respond makes all the difference. This session provides practical tools for managing stress, modeling steadiness, and supporting teams through uncertainty. Attendees will learn how resilience spreads across teams, explore strategies for grounding themselves under pressure, and create a personal resilience map they can use in future times of change.

- **October 29, 2025: Everyday Leadership for Everyone**

Leadership isn't limited to titles — it's about influence, consistency, and example. This session empowers participants to recognize their unique leadership strengths and practice them in daily interactions. Attendees will explore small but meaningful actions that shape workplace culture, strengthen collaboration, and demonstrate that leadership truly is for everyone.

**Join us every Wednesday in October at 12:00 p.m. or 4:00 p.m.! To register for this series, click [HERE!](#)**

- **Introduction to the EAP: Employees**

The Washington State Employee Assistance Program (EAP) provides confidential, no-cost services to support employees' well-being. This session introduces employees to the range of services available, including counseling, coaching, legal and financial consultations, and work-life balance resources. Attendees will learn how to access EAP services, schedule appointments, and take advantage of workplace well-being programs designed to help them navigate challenges both at work and in their personal lives.

**Tuesday, October 14, 2025, 1:00 pm – 1:30 pm**

- **Introduction to the EAP: HR and Leadership**

Supervisors play a crucial role in fostering workplace well-being and guiding employees to available support services. This session provides an overview of how supervisors can utilize EAP services, including consultations on employee performance concerns, workplace conflict resolution, and stress management resources. Learn when and how to refer employees, what services are available, and how the EAP can serve as a valuable leadership tool to improve workplace culture and retention. This is ideal for HR professionals, wellness coordinators, and leadership teams who want a deeper understanding of how to maximize EAP services for their workforce.

**Wednesday, October 22, 2025, 1:00 pm – 1:30 pm**

**Join us this October for these exciting webinars! To register, click [HERE!](#)**

- **Want to know when new Wellness Wednesday, live EAP workshops, or on-demand webinars are available?**

You can now subscribe to our Webinars Bulletin! It's the easiest way to stay up to date with upcoming topics, session launches, and fresh tools to support your well-being, all delivered straight to your inbox! Click [HERE](#) to

subscribe

- **Can't attend the live webinars this month?** Check out [future dates](#). In addition, EAP offers [on-demand webinars](#) on a variety of subjects, which can be found in our new [Resource Library](#).

## Work/Life

In October, the [EAP Work/Life site](#) is offering tools and resources to help you explore **how to be yourself at work**: how taking actions like embracing your unique qualities and sharing your thoughts can lead to greater job satisfaction and better overall wellbeing. To get started, view this month's on-demand seminar, **"Authenticity at Work"** – it's available beginning Tuesday, October 21st through the Work/Life site: just [login](#) with your Work/Life Access Code, **EWU**.

## Monthly Resources for October 2025

### October 2025: Identity, Belonging, and Mental Health

As we step into October, this month invites us to reflect on identity, belonging, and mental health. It's Depression Awareness Month, a time to deepen understanding of one of the most common mental health conditions and to challenge stigma with compassion and care. We also mark National Coming Out Day (October 11) and Indigenous Peoples' Day (October 13), observances that honor courage, resilience, and the importance of community. Together, these reminders encourage us to show up for ourselves and for others with empathy, respect, and strength.

Explore and reflect on the observances below, each offering an opportunity to honor resilience, strengthen connection, and support mental well-being. We encourage you to share these resources with colleagues, friends, or loved ones who may benefit from them.

#### Explore and Reflect:

Whether you're caring for your mental health, honoring identity and relationships, or finding steadiness in a season of transition, these October resources are here to guide and remind you that you're not alone.

### National Coming Out Day – October 11, 2025

Observed annually on October 11, [National Coming Out Day](#) celebrates the courage of LGBTQ+ individuals in sharing their identities and reminds us of the importance of safe, affirming communities. It's a day to uplift authenticity, reduce stigma, and show solidarity.

#### Explore more:

- [The Coming out Handbook](#)

- [Living Authentically](#)
- [Coming Out: Stories and Resources](#)
- [Coming Out Later in Life](#)
- [Parents: Quick Tips for Supporting LGBTQ Kids](#)
- [Supporting Kids Questioning Their Gender or Sexuality](#)

## **Indigenous Peoples Day – October 13, 2025**

Observed on the second Monday in October, [Indigenous Peoples' Day](#) honors the history, resilience, and contributions of Native and Indigenous communities. It invites us to acknowledge the past while committing to equity, respect, and healing in the present.

### **Explore More:**

- [Native & Indigenous Mental Health Resources](#)
- [Honoring Indigenous Resilience](#)
- [Cultural Dimensions of Mental Health](#)
- [Depression, Trauma, and PTSD](#)

## **Depression Awareness Month**

October is [Depression Awareness Month](#), dedicated to raising understanding of one of the most common—and most misunderstood—mental health conditions. Depression impacts millions of people of all ages and backgrounds, yet effective treatments and supportive resources are available. This month is an invitation to learn more, challenge stigma, and share tools that can make a difference.

### **Explore more: Understanding Depression**

- [NAMI: Facts on Depression](#)
- [What Does Depression Feel Like?](#)
- [Am I Depressed or Just Sad?](#)
- [Recognizing Lesser-Known Symptoms](#)
- [Rethinking Depression](#)

### **Explore more: Depression and Health**

- [Healthline: U.S. Depression Rates Remain Historically High](#)
- [The Difference Between Loneliness and Depression](#)
- [Depression and Suicide](#)

- [Connection Between Depression and Suicide](#)
- [Is It Burnout or Depression?](#)

### **Explore More: Supporting Others and Families**

- [How to Help Someone with Depression](#)
- [What to Do When You Love Someone with Depression](#)
- [Relationships and Depression: 10 Ways to Cope](#)
- [Parenting Kids While Coping with Depression](#)
- [Parents' Guide to Teen Depression](#)

### **Explore More: Depression at Work**

- [Depression in the Workplace](#)
- [5 Signs of Depression that Show Up in the Workplace](#)
- [Understanding Work-Induced Depression](#)
- [Tips for Employers: How You Can Help Employees with Depression](#)
- [Supporting Employees Who Are Struggling](#)

### **Trusted Organizations and Resources**

Explore more trusted resources for mental health, self-care, and community building:

- [NAMI](#)
- [Mental Health America](#)
- [Child Mind Institute](#)
- [JED Foundation](#)
- [The Trevor Project](#)
- [LGBT National Help Center](#)
- [Human Rights Campaign/HRC](#)
- [PFLAG](#)
- [It Gets Better](#)
- [Workplace Strategies for Mental Health](#)

- This month invites us to practice compassion in action, whether by supporting mental health, honoring cultural identities, or showing up for others with both courage and care. Explore, share, and remember:

the EAP is here to support you, wherever you are.

**Need support?** The Washington State EAP is here for you. Visit [eap.wa.gov](https://eap.wa.gov) for confidential counseling, webinars, and tools to help you build confidence, set healthy boundaries, and navigate life with greater self-assurance.