

c&fs EAP

Employee Assistance Program

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Mindful Moment

Mental Health Awareness Month - May 2021

YOU ARE
NOT
ALONE

Just because May is ending in a few days, doesn't mean that our commitment to supporting your mental health is over! Let's commit to making 2021 a year where we break the stigma around mental health and care for ourselves and each other.

To learn how you can support mental health year round, join us tomorrow for our final complimentary webinar of Mental Health Awareness Month:

**Emphasizing Empathy:
Supporting Mental Health at Home and at Work
TOMORROW, Tuesday, May 25, 12:00-12:30 p.m.**

Register for Emphasizing Empathy webinar by clicking [HERE](#)

In the last year mental health has become one of the most talked about challenges in families, at work and in our communities. Even with brighter days ahead, the mental health crisis needs attention. Learning how to support others is vital, and our families and communities need this support now more than ever. The skill of empathy is an important factor in protecting mental health. It can be defined as "putting yourself in another persons' shoes". By doing so, you become more aware of other's feelings, and are better able to respond in a helpful way. Do you want to impact the world in a positive way? Then join us to learn how to reduce the stigma of mental health, sharpen your empathy skills! This presentation is brought to you by Child & Family Services EAP and the C&FS Outpatient Clinic.

Presenters: Esther Kaul, LMHC, Clinical Supervisor at C&FS Outpatient Clinic, and Megan Andrews, LCSW-R, Assistant Director at Child & Family Services EAP

Remember, it doesn't have to be Mental Health Awareness Month for you to make a difference in the life of someone who may be struggling. Reach out to someone you care about. Send a text, make a call or send a card – share your appreciation for how they have been important in your life, or just check in and see how they are doing today. Be part of the solution! The healing value of connection reminds us that we are NOT ALONE!

For more information and screening tools visit:

<https://eap.cfsbny.org/employees/resources-for-maintaining-your-mental-health/>

If you would like support in learning how to best take care of yourself and manage the energy you have, C&FS EAP is available to support you and your household members, when you need it. Licensed Mental Health Counselors are available 24/7/365. So call now to learn more about how C&FS EAP can help you, or attend one of our live orientations to learn more about your benefit:

- [Click here](#) to register for our June 3, 2021 orientation at 10:00 a.m.

[Contact C&FS EAP](#)

[Learn More About Your EAP Benefits](#)

Connect with us

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