

Please click the link below to view your customized EAP newsletter webpage. This includes Frontline Employee & Supervisor newsletters.

[DOWNLOAD NEWSLETTERS](#)

800-346-3549

WWW.UTEAP.ORG



Connect with your purpose: **Aspire**

What do you aspire to? And how do you reach for your aspirations?

Check out the monthly features to read more about how who you are now relates to your aspirations, what success really is, what it means to be authentic and more.



Men's Health Month

Men often have a tough time talking about the ways they may struggle with their own emotional well-being.

Learn ways we can improve mental health and well-being for men.

[Learn more](#)



Upcoming webinars

Webinars are presented each month on topics such as communication, stress, self-improvement and more. We also have a library of webinars you can view at any time. Log in to your member website and click on "Sign up for a webinar" under "Today I want to:" or go to Tools > Webinars > Upcoming webinars to register today.

[See upcoming webinars.](#)