

# EAP Quarterly Calendar of Resources

OCTOBER	NOVEMBER	DECEMBER
<p><b>ESI's Featured Website Monthly Topic</b></p> <ul style="list-style-type: none"> <li>› Master Your Spending</li> </ul>	<p><b>ESI's Featured Website Monthly Topic</b></p> <ul style="list-style-type: none"> <li>› Supporting Someone with Substance Misuse</li> </ul>	<p><b>ESI's Featured Website Monthly Topic</b></p> <ul style="list-style-type: none"> <li>› Relaxation Rx</li> </ul>
<p><b>Selected National Observances</b></p> <ul style="list-style-type: none"> <li>› National Breast Cancer Awareness Month</li> <li>› Domestic Violence Awareness Month</li> <li>› Cyber Security Awareness Month</li> <li>› National Bullying Prevention Month</li> </ul>	<p><b>Selected National Observances</b></p> <ul style="list-style-type: none"> <li>› American Diabetes Month; Week; Day</li> <li>› National Family Caregivers Month</li> <li>› Lung Cancer Awareness Month</li> </ul>	<p><b>Selected National Observances</b></p> <ul style="list-style-type: none"> <li>› World AIDS Day - 12/01/23</li> <li>› National Safe Toys &amp; Gifts Month</li> <li>› Seasonal Depression Awareness</li> <li>› 2023 Holiday Survival Toolkit</li> </ul>
<p><b>Suggested EAP Resources</b></p> <ul style="list-style-type: none"> <li>› <b>National Breast Cancer Awareness Month</b> <ul style="list-style-type: none"> <li>• Use Search Tool: "Breast Cancer"</li> <li>• Blog: <a href="#">Breast Cancer Awareness: Learn the risks and symptoms</a></li> <li>• External Link: <a href="#">Breast Cancer Awareness Month</a></li> </ul> </li> <li>› <b>Domestic Violence Awareness Month</b> <ul style="list-style-type: none"> <li>• From Training Library: Getting Real About Workplace Violence: Domestic Violence: <a href="#">SVL_014364</a></li> <li>• Call: 1-800-799-SAFE for <a href="#">The National Domestic Violence Hotline</a></li> <li>• External Link: <a href="#">How to Get Out of an Abusive Relationship</a></li> </ul> </li> <li>› <b>Cyber Security Awareness Month</b> <ul style="list-style-type: none"> <li>• From Training Library: Cybersecurity Crash Course: End-User Security Tips: <a href="#">SVL_1026520</a></li> <li>• External Link: <a href="#">Cybersecurity Awareness Month</a></li> </ul> </li> <li>› <b>National Bullying Prevention Month</b> <ul style="list-style-type: none"> <li>• From Training Library: Stop Bullying in the Workplace: Bullying: <a href="#">SVL_102411</a></li> <li>• External Link: <a href="#">StopBullying.gov</a></li> </ul> </li> </ul>	<p><b>Suggested EAP Resources</b></p> <ul style="list-style-type: none"> <li>› <b>American Diabetes Month; Week; Day</b> <ul style="list-style-type: none"> <li>• From Training Library: First Aid - Diabetic Emergencies: <a href="#">SVL_302807</a></li> <li>• Assessments: Prediabetes/Type 2 Diabetes Assessment</li> </ul> </li> <li>› <b>National Family Caregivers Month</b> <ul style="list-style-type: none"> <li>• Explore: Click the "Connections/Work-Life" tile and choose "Caregiver and Elder Care Support"</li> <li>• External link: <a href="#">Caregiver Action Network</a></li> <li>• External Link: <a href="#">Depression and Caregiving</a></li> </ul> </li> <li>› <b>Lung Cancer Awareness Month</b> <ul style="list-style-type: none"> <li>• Use Search Tool: "Lung Cancer"</li> <li>• External Link: <a href="#">Great American Smokeout (11/23)</a></li> <li>• Call: 1-800-252-4555 to access a Smoking Cessation Coach</li> </ul> </li> </ul>	<p><b>Suggested EAP Resources</b></p> <ul style="list-style-type: none"> <li>› <b>World AIDS Day - 12/01/23</b> <ul style="list-style-type: none"> <li>• Use Search Tool: "HIV"</li> <li>• External link: <a href="#">World AIDS Day</a></li> </ul> </li> <li>› <b>National Safe Toys &amp; Gifts Month</b> <ul style="list-style-type: none"> <li>• External Link: <a href="#">Think Toy Safety (PDF)</a> - US Consumer Product Safety Commission</li> <li>• External Link: <a href="#">WATCH (World Against Toys Causing Harm, Inc.)</a></li> </ul> </li> <li>› <b>Seasonal Depression Awareness</b> <ul style="list-style-type: none"> <li>• Use Search Tool: "Seasonal Affective Disorder"</li> <li>• Blog: <a href="#">Down in the doldrums? It might be Seasonal Affective Disorder (S.A.D.)</a></li> </ul> </li> <li>› <b>2023 Holiday Survival Toolkit</b> <ul style="list-style-type: none"> <li>• Watch <a href="#">our blog</a> for the updated Holiday Survival Toolkit in November</li> </ul> </li> </ul>

Coaching & Counseling 24/7—1-800-252-4555  
 Need help logging into the Self-Help Resource Center/Website? [Click here](#)