

SEPTEMBER 2025

Monthly Webinar

Social Media and Your Wellbeing

When using social media, it's important to be mindful of how it may affect your mental health. Set boundaries like limiting screen time, take breaks, and focus on real-life interactions to practice maintaining a healthy balance.

**For login information, please contact
Solutions EAP**

TOLL-FREE: 800-526-3485

EMAIL: info@solutions-eap.com

WEBSITE: www.solutions-eap.com



Solutions Employee Assistance Program

ALWAYS AVAILABLE | FREE | CONFIDENTIAL