

Your Employee Assistance Program Online Seminar



Navigating Social Media for Mental Wellness

In this webinar, we will explore the impact of social media on mental health and ways to maintain digital well-being. Join us to learn strategies to leverage social media benefits and mitigate potential negative outcomes.

LET US HELP

Visit the website below starting September 16

WEBSITE: EAPHelplink.com

TOLL-FREE: 1.800.765.0770

COMPANY CODE: LOYOLA

SEPTEMBER 2025



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