

Mental Health Resources at Hope College

OnSite Wellness & EAC

Mental Wellness

- Realizing your own potential, coping healthfully with the normal stresses of life, working productively and fruitfully, and giving back to your community.



Resources available through OnSite Wellness

- Health Coaching
- Mental Health focused programming:
 - December- Stress Management Drop-in Display
 - January- Goal Setting Drop-in Display
- Organization and promotion of any mental wellness events occurring on campus.



Nurture Your Mental Health

- OnSite believes there is a multitude of ways to nurture your mental health. Below are a few you may want to add to your routine:
 - Mediation
 - Prayer
 - Volunteering
 - Breathing Exercises
 - Art
 - Spending time with loved ones
 - Enjoying nature
 - Many more!



Sometimes Your World Feels Upside Down

EAC OFFERS SUPPORT FOR YOUR EVERY DIRECTION



Hope College provides you and your family with an Employee Assistance Program that can help you turn it around.

You have **FREE**, confidential access to licensed counselors as well as online resources to assist you with many of life's challenges including:

- Family concerns and issues
- Relationship matters
- Work and career growth
- Mental Health and well-being
- Child care, elder care, and family support
- Legal referrals
- Financial counseling

CALL toll-free to schedule an appointment with an EAC counselor

TOLL-FREE: **800-227-0905**

LOG ON to the work/life website to access articles, tips, links, and tools. **www.eacworklife.com**

USERNAME:

HOPE COLLEGE

Guided Meditation



Thank You!

