

### **Online Webinar**

# **Balancing Act: Strategies for Mental Health**

#### Make mental health your priority

A healthy mind is important to achieve overall wellbeing. We can help you develop effective strategies to maintain or improve your mental health.



## For login information, please contact Solutions EAP

**TOLL-FREE:** 800-526-3485

**EMAIL:** <u>info@solutions-eap.com</u>

WEBSITE: www.solutions-eap.com

#### How to access these webinars:

- 1. Go to www.solutions-eap.com.
- 2. Go to "For Employees" and click the option listed as "Work-Life Services Online Login"
- 3. Click on the WORK-LIFE Solutions hyperlink under "Family Solutions"
- 4. Enter the Username and Password for your organization. If you need the username and password for your organization, give us a call at 800-526-3485.
- 5. On the homepage, scroll down to ONLINE SEMINARS and click "Read More: Online Seminars"
- 6. Scroll down to VIEW PAST ON DEMAND ONLINE SEMINARS and click the seminar you would like to take.
- 7. Click on the hyperlink with the name of the seminar. You can also choose to view the audiovisual transcript of the presentation if you would like.
- 8. After clicking the link for the course, you should be prompted to enter your name, email, organization, and EAP name (Solutions EAP).
- 9. Check your email for the course link, and enjoy!
- 10. Upon finishing the video, be sure to fill out the survey and a certificate of completion will be sent to your email address.