

24/7 Counseling Support: [800-413-8008 #2](tel:800-413-8008)

Available anytime, any day, your Employee Assistance Program is a free, confidential program providing in-the-moment and short-term counseling and resources.



SEPTEMBER 2025

Navigating Social Media for Mental Wellness

ONLINE SEMINAR

Explore the dual impact of social media on mental health. Learn to leverage its benefits and mitigate drawbacks through a digital health lens.



LET US HELP

Visit your home page starting September 16th

WEBSITE:

<https://helpwhereyouare.com/CompanyLogin/1515/mercy>

USERNAME: MSU

PASSWORD: MSU

YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL