



## Make the Connection with Your Friends

Whether you schedule regular calls with friends, start a book club, make plans to meet up with others to workout or play online games with friends, The National Alliance on Mental Health (NAMI) reminds us that it's important to do our best to remain connected to our social network. Maintaining connections provides many elements that are critical to mental health, a few of the benefits being - a sense of belonging, a support system and having a purpose.

**With strong social ties, you are better able to manage the stress in your life.**

**Being connected to your family, friends, co-workers and community promotes your health and well being. If you want to learn more about building connections, reach out to your EAP. We have counselors available to assist you 24 hours a day 7 days a week. Give us a call at 800-327-4968 (800-EAP-4YOU), TTY:1-877-493-7341 or visit [EAP4YOU.com](http://EAP4YOU.com) to learn more.**



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