



Help Starts Here.

Washington State Employee Assistance Program

WA State EAP Resources – September 2021 Handout

EAP Support and Resources

- Counseling Services (Access by submitting an [Online Referral Request](#))
- Organizational Consultation (Contact the EAP at 877 313 - 4455)
Consultation matters include:
 - Performance issues
 - Substance Misuse
 - Managing Change
 - Conflict
 - Domestic Violence
 - Sexual Harassment
 - Illness and Death
 - Mental Health
 - Suicidality
 - Safety Concerns
 - Secondary Traumatic Stress
 - Disruptive Behaviors

- On Demand Webinars

For All Employees

- [EAP Orientation](#)
- [Transitioning into the New Work Life: Strategies for Responding to Change](#)
- [Navigating Change in Challenging Times](#)
- [How to Build Resilience When Your Job Involves Helping Others in Crisis](#)

For Supervisors/Managers/HR

- [Leading the Human Side of Change](#)
- [For Supervisors and Managers: Leading Teams and Supporting Employees through COVID-19](#)
- [Transitioning into the New Work Life: Creating Psychological Safety in Work Teams](#)

All EAP Webinars can be accessed at the [Webinars](#) page.

EAP Publications, Handouts and Guides

- [COVID-19 Vaccine Requirement Well-Being Resource Guide](#)
- EAP [Frontline Supervisor](#) Newsletters
 - [Sep/Oct 2021](#) - Recognize your leadership style related to how you manage emotions in the workplace
 - [Jul/Aug 2021](#) – Supporting the workforce during change and transitions
 - [May 2021](#) – Supporting employee mental health

Washington State EAP is accessible, free, and confidential.
Contact us today at **877.313.4455** or **eap.wa.gov**



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- [Feb 2021](#) – Psychological safety: why it's essential and how to build it
- EAP [Frontline Employee](#) Newsletters
 - [Sep/Oct 2021](#) – Suicide prevention
 - [May 2021](#) – National Mental Health Awareness Month
 - [March 2021](#) – how to be supportive to someone who is struggling
 - [Jan 2021](#) - newsletter has an article about managing challenging emotions
- [Self-Care at Work](#) handout

Training and Development

Workforce Learning and Performance (WLP), the [training and development](#) program in the Workforce Support and Development (WSD) division of Department of Enterprise Services (DES) offers a variety of instructor-led training (virtual and in-person) and on-demand courses (e-learning courses and LinkedIn Learning licenses). The following courses might be helpful, as you navigate the ongoing challenges.

- [Foundations of Emotional Intelligence \(1 Day\)](#)
- [Emotional Intelligence in Practice \(1 Day\)](#)
- [Emotional Intelligence - Foundations & In Practice \(2 Days\)](#)
- [Make Work More Human \(1 Day\)](#)
- [Crucial Conversations](#)
- [LinkedIn Learning](#)
 - [Managing Organizational Change for Managers](#)
 - [Change Management Foundations](#)
 - [Having Difficult Conversations: A Guide for Managers](#)

Other Resources

- [How to Have Those Difficult Return-to-Office Conversations](#) (Harvard Business Review)
- Psychological Safety
 - [Building a psychologically safe workplace](#), TED talk by [Amy Edmondson](#)
 - [The Fearless Organization by Amy Edmondson](#)
 - [High-performing teams need psychological safety. Here's how to create it, by Laura Delizonna](#), Harvard Business Review

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