

LET US HELP

Toll-Free: 1-877-313-4455

Website: [eap.wa.gov/worklife](https://helpwhereyouare.com/CompanyLogin/1669/DESWA)

Your Work/Life Access Code (to logon): <Your Code>

The letters "eap" are below a radiating sun which contains a person with upraised arms

SEPTEMBER 2025

When using social media, it's important to be mindful of how it may affect your mental health. Set boundaries like limiting screen time, take breaks, and focus on real-life interactions to practice maintaining a healthy balance.

**Social Media and Your Wellbeing**

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**YOUR EMPLOYEE SUPPORT PROGRAM**

**JANUARY 2024**