

**CORPORATE SERVICES EMPLOYEE ASSISTANCE PROGRAM  
1-800-962-7487**

WHAT DO YOU TELL YOURSELF?

*"It makes me look weak"      "I have no support"      "What will people think of me?"*  
*"It makes me feel too vulnerable"      "It's inconvenient right now"      "I don't like change"*  
*I don't believe it's confidential"      "They just want my money"      "I don't trust that they'll help me"*

We can come up with a million reasons not to reach out for assistance. Some of us are particularly resistant to seeking help. Society, our upbringing, the type of job we have, even our gender can be a factor. For example, men generally are far less likely than women to seek professional help for mental health issues such as substance abuse, stress, and depression. Although mental health counseling doesn't hold the societal stigma it once did, we can still place an "internal" stigma on ourselves.

We, at Corporate Services EAP, are mindful that it takes strength and strength of character to take that first step toward wellness. More and more, we see people in the news coming out and letting others share in their individual vulnerability; and instead of criticism, they receive praise. We not only relate to them, we are inspired by them. The new stigma seems to be in hiding our truth. We can flip whatever it is we're telling ourselves on its head...

WHAT CAN YOU TELL YOURSELF?

*"I have an opportunity to make things better"      "The changes I make will benefit others in my life"*  
*"I am taking responsibility for my life"      "I am part of a bigger change that needs to be made"*  
*"I will not conform to how others think I should be"      "I am paving the way for others"*

**Your EAP is here to help. \* Professional \* Confidential  
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