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**Jan**

**14**

JSC EAP Presents: Suicide Prevention & Breaking the Stigma – Part 2

Organized by Health 4 Life.

Building a healthy safe work culture includes raising the awareness on suicide prevention. As we start the new year, many are dealing with chronic stress, turmoil, loneliness, and/or uncertainty. The tendency for isolation with these circumstances can add to pain or distress, contributing to people suffering in silence. It’s more important than ever to be informed and know how to help someone if you’re concerned. Asking about suicide does not encourage a person to think about hurting themself or ending their life. Please join Daisy Wei with the JSC Employee Assistance Program for a presentation on suicide prevention and awareness to break down its stigma.

**Date / Time:** January 14, 2025 11:30 AM – 12:30 PM CT

**Speaker:**Daisy Wei, [daisy.c.wei@nasa.gov](mailto:daisy.c.wei@nasa.gov)

**Point of Contact:** Jasmine Thomas, [jasmine.d.thomas@nasa.gov](mailto:jasmine.d.thomas@nasa.gov)

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**Jan**

**15**

AFRC EAP Hosts: Sanity Check with EAP

Organized by Health 4 Life.

Please join Armstrong’s EAP clinician, Ashley Prueitt, for monthly informal and interactive discussions regarding mental health and wellbeing. Whether you're navigating personal issues, work concerns, or just want to increase your mental health awareness, these sessions will allow for the exchange of ideas and open-ended discussions on strategies for better mental health. To learn more, [click here](https://nasa.sharepoint.com/sites/xnet260/SitePages/Sanity-Check-w-EAP.aspx).

**Date:** Wednesday, January 15, 2025

**Time:** 10:00 AM – 11:00 AM PT

**POC / Speaker:** Ashley Prueitt, PsyD ([Ashley.d.prueitt@nasa.gov](mailto:Ashley.d.prueitt@nasa.gov))

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**Jan**

**16**

EAP PANEL: New Year, New Challenges You Can Successfully Overcome

Organized by Health 4 Life.

As we step into 2025, the new year brings opportunities for growth but also fresh challenges to navigate. Join NASA’s EAP Clinicians for a panel focusing on *"New Year, New Challenges You Can Successfully Overcome,"* where they will answer your questions and share strategies to help you approach the months ahead with confidence and resilience. This interactive session will provide insights into managing stress, staying motivated through uncertainty, and setting realistic goals for both personal and professional success. Whether you’re tackling workplace hurdles, focusing on personal growth, or simply looking to start the year strong, this panel is here to support you in taking on 2025 successfully!

*If you have questions you'd like to ask anonymously, please visit our*[*Ask-Ahead Question page*](https://nasa.sharepoint.com/sites/health4life/SitePages/Upcoming-%26-On-Demand-Presentations.aspx)*on the Health4Life website. Questions submitted anonymously will be addressed during the panel discussion.*

**Date / Time:** Thursday, January 16, 2025, 1:00 – 2:00 p.m. ET **Speakers / Panelists:** Susan Wilcox (GRC EAP), Porter Pryor (SSC EAP), and Walter Hersing (KSC EAP) **POC:** Hanna Bogner, [Hanna.l.bogner@NASA.gov](mailto:Hanna.l.bogner@NASA.gov)

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