



As an Ultimate member of the Canadian Golf Superintendents Association, you have access to HumanaCare's Member Assistance Program providing free, confidential support and counselling for individuals and their families experiencing work-life challenges.

At HumanaCare, our phones are answered 24/7 and in the moment support is available for anyone needing immediate assistance we can help.

You can reach out for support by calling 1-800-661-8193.

MENTAL ILLNESS AWARENESS WEEK (OCT 2-9)

Calling On Mental Health Champions. This year for Mental Illness Awareness Week (MIAW), we want to help you recognize and honor the mental health champions at your organization. To find out more information on nominating your mental health champions at your organization, please click [here](#).

UPCOMING WEBINARS:

HumanaCare's EFAP Webinar Series: Webinar #10

Recognizing The Signs of Depression In A Team Member

Your team's culture is pivotal to success, but when a member is suffering from depression, it can bring the entire morale of the team down. During National Depression Education and Awareness Month we will identify key indicators of depression and ways to help.

October 12, 2022 @ 1:30 PM EST

To register, please click [here](#):

Now more than ever, mental health matters and every action counts. If you or a family member are struggling, help is available. [Click here for some helpful tips:](#)