**Employee Distribution Email Template –**

**February 2024**

Dear \_\_\_\_ Employee,

As the year starts to unfold, individuals still face a range of challenges. Now, more than ever, we urge you to make the most of the resources, tools and support provided by your ComPsych Employee Assistance Program:

Black History Month is such an important time to celebrate and honor the contributions of Black Americans throughout history. Tap on the link below to dive deeper into this topic.

[Black History Month](https://emma-assets.s3.amazonaws.com/j90cb/ef3fb1d69bb88b396c8b859aa39b8500/F_2024_BlackHistoryMonth.pdf)

American Heart Month is incredibly important for raising awareness about heart health and promoting a healthy lifestyle. Take advantage of the following resource further information.

[Heart Health](https://emma-assets.s3.amazonaws.com/j90cb/479dccaad5871a946b9d40ce1128f317/F_2024_AmericanHeartMonth.pdf)

Besides creating a strict budget, there are some small steps you can take to halt inflation’s impact. Click the resource below for more suggestions on how to beat inflation.

[Ways to Beat Inflation](https://emma-assets.s3.amazonaws.com/j90cb/d62d0a77aac4a945104161d056e9a85d/HS_Q1_24_WaysToBeatInflation.pdf)

Spotting scams is crucial to protect yourself and your hard-earned money. There are four main types of scams, and they are described in the resource below.

[How to Spot a Scam](https://emma-assets.s3.amazonaws.com/j90cb/a447f0d30445a8f14b2e97f60c952c8f/Info_Q1_24_HowToSpotAScam.pdf)

When it comes to tax prep, there are a few different ways you can make the process smoother. Discover additional tips in the resource below.

[Tax Prep](https://emma-assets.s3.amazonaws.com/j90cb/6043d2e14e204abfa6b8de18efa07a80/F_Tax_Prep_2024.pdf)

Learn what to expect when calling ComPsych GuidanceResources with the following resource.

[What to Expect When Reaching Out - Video](https://share.vidyard.com/watch/BpSFx6k8TwW9emYt2VCQsr)

Please stay safe and don’t hesitate to reach out to us or your leaders if there is anything we can do to help.

Kind Regards,

Company