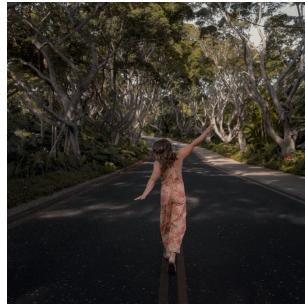


EAP & PAP Newsletter

September 2025

We Do Recover.



As we enter into the month of September, we also enter into **National Recovery Month**. This is a time dedicated to raising awareness about mental health and substance abuse recovery. This annual observance highlights that

recovery is possible, celebrates the progress of those on their healing journey, and reinforces the importance of **accessible** support systems. It's also a reminder that recovery isn't just about the individual—but also about families, workplaces, and communities **coming together** to help each other.

Recovery isn't just about quitting substances—it's **holistic**—meaning that one's health, home, community and purpose are all needed to support long-term well-being. Treatment, peer support services and connections (both personal and professional) play an essential role in this journey.

Every single one of us has the power to make recovery possible for those we know and for ourselves. If you're in need of some guidance on how you can support the recovery journey, please check out our suggestions in the following section.

Recovery is a **lifelong journey** full of obstacles and victories, but each step forward deserves recognition and celebration. Here at EAP, we'd like to celebrate every one of those steps with you.



Author: **Chloe Loftis, MS, CEAP**

Intake Specialist & Office Administrator



Ways that You Can Support Recovery

- **Practice a Healthy Lifestyle.** Recovery includes whole health. Make sure you are incorporating movement, nutrition and relaxation into your life to create a stable foundation.
- **Nurture Your Home Life.** A safe and supportive home environment is crucial to healing. If there are family concerns that need to be addressed, reach out to your EAP for some free and confidential individual and/or family counseling.
- **Connect With Your Community.** Building social networks and a sense of community can remind you that you're not alone. When you get involved, then you are helping not only yourself, but all the others involved too.
- **Find Your Purpose.** Having a sense of purpose drives positive change and fosters resilience. Be a part of other people's recovery journeys—together, we can make a difference.
- **Spread Aloha.** You never know what someone might be going through. Practice treating others with compassion and empathy—those small acts can make a huge difference in someone's journey.
- **Offer Support.** If you see someone struggling, remind them of their free EAP benefit! We have counselors who specialize in mental health and substance abuse concerns that are ready to help.



(808) 597-8222

Toll-Free **(877) 597-8222**

www.EAPacific.com

EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

1600 Kapiolani Blvd, Suite 1610

Honolulu, HI 96814

Counselors are available across Hawaii.

Legal/Financial/Eldercare/ID Theft/Mediation Consultation is also available.



Physician Assistance Program

(808) 597-8229

Toll-Free **(877) 597-8222**

www.HawaiiPAP.com

EAP & PAP Newsletter

September 2025

Coping with Immigration & Deportation Concerns

News about immigration policies and deportation concerns can create significant stress and uncertainty for individuals, families, and communities. Even those who aren't directly affected can be impacted by their concerns for their neighbors, loved ones, or coworkers. Feelings of anxiety, fear and instability are common responses when faced with uncertainty around immigration or enforcement activity. These fears are real, and it's important to recognize how much they affect both emotional and physical health.

If you're dealing with these worries, please know that you're not alone. Others are experiencing these concerns too, and it's normal to feel anxious or unsure. Stress from these issues can show up in many different ways, such as trouble concentrating, body tension, sadness, anger, increased substance abuse or even detachment from others. Taking care of yourself during these times is extremely important, both for your health and for your ability to support those that you care about.

Free and confidential help is available through your EAP to help navigate these difficulties. Through your benefit, you can access free counseling, stress management tools, and a 30-minute legal consultation with one of our in-network attorneys to discuss how these issues impact you and/or your loved ones.

You don't have to go through this alone. Reaching out for support can bring relief, new coping strategies, and a sense of connection during uncertain times. All you have to do is give us a call.



EAP and PAP provide short-term confidential counseling and work/life services, provided to you by your employer, that can assist in identifying and resolving issues that may be interfering with your job or personal life. Access to our experienced counselors and work/life services is available across the Islands and can be contacted by phoning or emailing our Honolulu office.

Articles On Our Website

Did you know about all the resources available to you from your EAP's website? Here are a few examples:



SLEEP

What if scientists discovered a centuries-old remedy that can help you live longer, improve your memory and creativity? They have...

[Read More](#)



WHAT ABOUT CBD PRODUCTS?

CBD products are now for sale everywhere you go. Signs are everywhere advertising that these stores proudly offer CBD (Cannabidiol)...

[Read More](#)



SUICIDE PREVENTION

When we find out that a friend, loved one, or co-worker may be thinking of suicide, often our fear of...

[Read More](#)



COVID RESOURCES

COVID-19 Information, Resources, Articles and Websites that may help

[Read More](#)



SIGN UP FOR 52 WEEKS OF WELL-BEING

You can sign up to receive weekly emailed tips for a year that help you build your resiliency. Written by our own Dr. Vali Hawkins-Mitchell...

[Read More](#)

(If this is a pdf you may be able to click the links to each article above!)

Check out your EAP's website at
www.EAPacific.com

Or your PAP website at www.HawaiiPAP.com

Please note that work/life services (legal, financial, eldercare, ID theft, mediation) are available to most, but not all, EAP customers. Call us if you have a question.