

State of Wisconsin Wellness News

September 2026

Helping our Neighbors: Suicide Prevention and Awareness

As part of Governor Evers' Year of the Neighbor, we're reminded that being a good neighbor can be as simple as looking out for one another and showing kindness, respect, and empathy. With September marking Suicide Prevention and Awareness Month, it's a meaningful opportunity to recognize the importance of suicide prevention, reduce stigma, and remind each other that everyone has a role to play in supporting one another. Many neighborly habits, like checking in, listening, and connecting with support tools, can make a big difference, especially for those who are struggling or feel alone.

If someone shares that they're struggling or could use extra support, it's okay not to have all the right words or answers. The National Alliance on Mental Illness offers [10 Ways to Offer Support](#) to help you prepare for those conversations.

And, like any neighborhood or community, people have different experiences and needs. Here in Wisconsin, we have a variety of resources available to help support mental well-being and crisis situations:

- **[The State Employee Assistance Program \(EAP\)](#):** Our EAP offers free and confidential support to state employees and their household family members.
- **[Farmer Wellness Helpline](#):** Wisconsin farmers can call 888-843-4564 to connect with a trained counselor for any issue
- **[Veterans Crisis Line](#):** Veterans and their families may call 988 and press 1, text 838255, or chat at [VeteransCrisisLine.net](#) to speak with a trained counselor for any issue.
- **[LGBTQ](#):** The Trevor Project supports LGBTQ young people at 866-488-7386, text START to 678-678, or chat at [TheTrevorProject.org](#) to speak with a trained counselor for any issue.
- **[Disaster Distress Helpline](#):** Everyone may call or text 800-985-5990 to connect with a trained counselor about stress caused by natural or human-caused disasters.
- **[988 Lifeline](#):** Everyone may call or text 988 or chat at [988lifeline.org](#) to speak with a trained counselor for any issue. 988 also offers [guidance and support for specific communities](#) on their website.

Consider how you can be a good neighbor to those in your workplace, community, and all around. A simple check-in, a listening ear, or helping someone connect with support can make all the difference, especially for someone who may be struggling. As Governor Evers reminds us, "We could all use a good neighbor, and we could all be better neighbors." Let's continue to look out for one another and build spaces where everyone feels supported and connected.

Source: [Wisconsin Department of Health Services](#)

Well Wisconsin

Last Chance to Complete Your 2026 Well Wisconsin Incentive!

Whether you have one activity left or a few to go, now's the time to wrap things up. Complete your Well Wisconsin activities by October 16, 2026, to earn your \$150 prepaid card.

Complete three activities:

- **HEALTH ASSESSMENT:** Complete it by **9/15/26**, and you'll be entered to receive an extra well-being prize in the mail!
- **HEALTH CHECK:** This can be a biometric screening (onsite, home test kit, or healthcare provider form) or one coaching session. Complete either a screening or a coaching session **by 9/30/26**, and you'll be entered to receive an extra well-being prize in the mail!
- **WELL-BEING ACTIVITY:** Options include completing three coaching sessions with a WebMD Coach, three virtual coaching classes, or the meQ assessment/reassessment plus one meQ activity. See the portal for a full list of options.



GET STARTED

Visit webmdhealth.com/wellwisconsin and check the Rewards page to see your progress. Questions? Call 800-821-6591.

EAP Corner

EAP Spotlight: Suicide Prevention and Awareness Podcast Series



In recognition of Suicide Prevention and Awareness Month, take some time to dig deeper into suicide prevention through our podcast series. The five-part series will explore how to recognize warning signs, offer support and compassion, and explain how our presence can matter more than having the right words. [Register by September 25](#) to receive the podcast series by email. You can also find additional suicide prevention and awareness resources on the [EAP web portal](#) (code: SOWI)

[**LEARN MORE ABOUT THE EAP**](#)

Elevate Wisconsin®: The Course to Financial Security

Understanding Paychecks and W2 Course



Tip of the Month

with  **ELEVATE**
WISCONSIN

Work and get paid. It's that simple, right? Not exactly. In fact, the final amount you see on your paycheck is a result of many factors, and if you don't review it regularly, you might be losing money due to an error. For more clarity and confidence in all the different deductions and information on your paycheck, consider taking the [Understanding Your Paycheck and W2 online course](#) through Elevate® Wisconsin. You will learn about different forms of pay, how taxes affect your paycheck, how to decode your paycheck, and so much more. The best part? This course, and all the supportive resources through Elevate® Wisconsin, are free to State of Wisconsin employees and their family members!

Supported by the [Governor's Council on Financial Literacy and Capability](#) and the [Wisconsin Department of Financial Institutions \(DFI\)](#), Elevate Wisconsin® provides trustworthy, unbiased content that does not try to sell products or services. All State of Wisconsin employees and their families can access this free benefit 24 hours a day, seven days a week. If you have questions, please contact the DFI Office of Financial Literacy Director David Mancl at David.Mancl@dfi.wisconsin.gov.

Monthly Mental Health Boost

National Self-Care Awareness Month

Self-care isn't selfish; it's necessary. It helps us feel physically, mentally, and emotionally healthy. Regularly engaging in self-care practices can help us perform, feel, and be at our best. This month, take a moment to consider your current self-care practices. What's working well, and where could you use a little more support or balance? A quick self-care audit can help you identify small, realistic changes that support your overall well-being.

Need some ideas? Explore Mental Health America's [50 Self-Care Activities To Do When You Don't Know Where to Start!](#)



Save the Date!

State Employee Benefits and Wellness Resource Fair



Explore benefit provider booths, wellness resources, and more at our annual Benefits and Wellness Resource Fairs! These events will also feature an onsite biometric screening and flu clinic for State of Wisconsin Group Health Insurance participants*. The event is open to all state employees and spouses. See the [Benefits and Wellness Resource Fair flyer](#) for more details.

Event Dates:

- October 5: Hill Farms State Office Building, 9am - 2pm
- October 15: Department of Corrections Central Office, 9am – 4pm

**Pre-registration for the biometric screening and flu vaccine clinic is required through the Well Wisconsin portal.*

State of Wisconsin Employee Wellness Webinars

Please join us for an upcoming webinar with one of our trusted well-being partners.

Click each title to view course details and to register.

Date	Time	Event	Host
On-going	On-Demand	Well Wisconsin Radio Podcasts	Well Wisconsin
On-going	On-Demand	Well Wisconsin Recorded Webinars	Well Wisconsin
On-going	On-Demand	Group Fitness Classes	Well Wisconsin
On-going	On-Demand	EAP Recorded Webinars	EAP
Every Tue	11:30am – 12:00pm	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Every Thu	11:00am – 11:40am	Weekly Mindfulness Practice with Dan Tyler	Enterprise Wellness
Varies	Varies	September Well Wisconsin Events	Well Wisconsin
September 3	12:00pm – 12:45pm	Getting to Know Your EAP	EAP
September 9	11:00am – 12:00pm	Investing in their Future: The Power of a 529 College Savings Plan with Edvest	Enterprise Wellness
September 9	12:30pm – 1:30pm	Managing Priorities to Maximize Your Day	EAP
September 11	12:00pm – 12:15pm	Lunchtime Boost: Mindfulness	Well Wisconsin
September 14	1:00pm – 1:45pm	Getting To Know Your EAP: Manager	EAP
September 22	11:00am – 12:00pm	Keeping Your Aging Loved Ones Safe	EAP
September 23	11:00am – 12:00pm	2026 Well-being Series for Leaders: Suicide Prevention and Awareness for Managers	EAP
September 24	12:00pm – 1:00pm	ELEVATE Manager Series: Speaking Candidly with Your Team	Well Wisconsin
October 7	12:00pm – 12:45pm	The Gut Microbiome and Mental Health	Well Wisconsin
October 9	12:00pm – 12:15pm	Lunchtime Boost: Standing Core	Well Wisconsin
October 14	12:30pm – 1:30pm	Handling Financial Stress	EAP
October 14	11:00am – 12:00pm	2026 Well-being Series for Leaders: Conflict Management for Managers	EAP
October 15	11:00am – 12:00pm	Eldercare Financial Planning	EAP

Stay informed! Receive this newsletter, resources, and learning opportunities directly by joining our mailing list. Email wellness@wisconsin.gov to sign up.

Newsletter produced by the Bureau of Equity and Inclusion for State of WI employees.