

STATE OF WISCONSIN WELLNESS NEWS

September 2025

Breaking the Silence Around Suicide and Mental Health

It can feel hard to talk about suicide and mental health, but starting the conversation could truly save a life. One of the best ways we can support each other is by treating mental health the same way we do physical health. When we listen without judgement, and show we care, we make it easier for people to open up and get the help they need.

If you're worried about someone, try checking in with a simple, "How are you really doing?" You don't have to have all the answers – just being there and encouraging them to reach out for help can make a difference. The Wisconsin Department of Health Services has helpful tips on recognizing warning signs and finding support at dhs.wisconsin.gov/mh.

For immediate help, anyone can call, text, or chat [988 – the Suicide and Crisis Lifeline](https://988lifeline.org). It's free, confidential, and available 24/7 for anyone who's struggling or worried about someone else.

Don't forget – state employees and their household members can also connect with free, confidential in-the-moment support, counseling, and resources through the [Employee Assistance Program \(EAP\)](#). Whether you're looking for support yourself or guidance on how to help someone else, the EAP is here for you.

Together, we can help reduce stigma, support one another, and create a workplace and community where it's always okay to ask for help.



Well Wisconsin Events

SEPTEMBER 2025

Fall is a great time to slow down, reset, and focus on your well-being – and Well Wisconsin has new opportunities to help!

Join us for a live, in-person Well Wisconsin Radio interview with a local animal therapy and rescue expert to learn about the benefits of therapy animals. Additionally, you can take part in a diabetes workshop or enjoy calming yoga classes to bring balance to your day. These activities are available to ALL state employees, regardless of your participation in the State of Wisconsin Group Health Insurance Program!

As a reminder, participating in these activities can help you earn your \$150 Well Wisconsin incentive. The 2025 incentive deadline is October 17. See the [September Well Wisconsin events page](#) for more details on all of these fun, upcoming events!

EAP Corner

FOCUS ON SELF CARE

September is National Self Care Awareness Month. Whether it's through exercise, meditation, or hobbies, self-care is crucial for mental health. The Employee Assistance Program (EAP) can offer ideas for self-care routines and provide access to work-life support and counseling to help you get started.

[LEARN MORE ABOUT THE EAP](#)

Saving for College

It's never too early, or too late, to start saving for your child's education. Even small contributions can grow over time and make a big difference for their future.

The [ELEVATE Wisconsin program](#) offers financial literacy resources to help you learn about saving for your child's future and create a plan that works for your family. [EdVest](#), Wisconsin's 529 college savings plan, provides a tax-advantaged way to set aside money for educational expenses. Together, these resources can help you take meaningful steps towards your child's education goals, no matter where you are on the journey.

Supported by the Governor's Council on Financial Literacy and Capability, ELEVATE Wisconsin offers trustworthy and unbiased content that does not try to sell products and services. Employees can access the FREE benefit 24 hours a day, seven days a week, and create an account by visiting the [ELEVATE Wisconsin website](#).



Monthly Mental Health Boost

TAKE A MINUTE TO CHECK IN

In observance of Suicide Prevention and Awareness Month, challenge yourself to start one genuine conversation by asking someone, "How are you really doing?" and simply listen to their answer without judgment. A small moment of care can help reduce stigma around mental health and remind others they're not alone. Find additional tips and other conversation starters at seizetheawkward.org.



WISCONSIN STATE EMPLOYEE BENEFITS & WELLNESS RESOURCE FAIR

OCTOBER 2, 2025
@ THE MONONA TERRACE

Attendance counts
towards your 2025
Well Wisconsin
well-being activity!

Join us anytime between **9:00am and 3:00pm** at the **Monona Terrace** for a day focused on your well-being! Explore benefit provider booths, wellness resources, and more!

VENDORS INCLUDE:

- WELL WISCONSIN FLU VACCINE CLINIC AND BIOMETRIC SCREENING*
- HEALTH INSURANCE PROVIDERS
- OCI LIFE INSURANCE PROGRAM
- DHS MENTAL HEALTH RESOURCES
- WELL WISCONSIN
- EAP

***NOTE: ADVANCE REGISTRATION IS REQUIRED** FOR FLU VACCINES AND BIOMETRIC SCREENINGS AT WEBMDHEALTH.COM/WELLWISCONSIN. MUST CURRENTLY BE ENROLLED IN THE WISCONSIN GROUP HEALTH INSURANCE PROGRAM TO REGISTER.

[Visit the DPM Learn About Wellness website for more details](#)

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 |
|--|-------------------|--|---------------------|
| Ongoing | On-Demand | Well Wisconsin Radio Podcasts | Well Wisconsin |
| Ongoing | On-Demand | Well Wisconsin Recorded Webinars | Well Wisconsin |
| Ongoing | On-Demand | Group Fitness Classes | Well Wisconsin |
| Ongoing | On-Demand | EAP Recorded Webinars | EAP |
| Every Tuesday | 11:40am – 12:00pm | Weekly Mindfulness Practice with Dan Tyler | Enterprise Wellness |
| Every Thursday | 11:00am – 11:40am | Weekly Mindfulness Practice with Dan Tyler | Enterprise Wellness |
| September 4 | 12:00pm – 1:00pm | ELEVATE Management Series: Destigmatizing Mental Health Challenges | Well Wisconsin |
| September 4 | 4:30pm – 6:00pm | Onsite Event: Well Wisconsin Radio Paws and Purpose Interview | Well Wisconsin |
| Wednesdays, September 10 – October 8 | 12:00pm – 1:00pm | Workshop: A Journey to Diabetes Health | Well Wisconsin |
| September 10 | 12:30pm – 1:30pm | Estate Planning | EAP |
| September 23 | 12:00pm – 1:00pm | Parenting Your Parent | EAP |
| Varies | | October Well Wisconsin Events | Well Wisconsin |
| October 3 | 12:00pm – 1:00pm | Well-being Series for Leaders: Starting Conversations Around Mental Health | EAP |
| October 17 | 11:00am – 12:00pm | Importance of Having a Will | EAP |

September Health Observances

BABY SAFETY MONTH

BLOOD CANCER AWARENESS MONTH

CHILDHOOD CANCER AWARENESS MONTH

FRUITS & VEGGIES MATTER MORE MONTH

HEALTHY AGING MONTH

NATIONAL RECOVERY MONTH

OVARIAN CANCER AWARENESS MONTH

NATIONAL SELF-CARE MONTH

NATIONAL SUICIDE PREVENTION AND AWARENESS MONTH