



October is Substance Use Prevention Month

October is Substance Use Prevention month, a time to raise awareness, reduce stigma and encourage healthy choices year-round. No matter what form addiction takes, prevention starts with small steps and education. Your EAP offers confidential support and tools to help you or a loved one stay on track. [Access Resources.](#)

Building awareness for a healthier future

Our [Substance Use Prevention toolkit](#) provides education and resources to help you **understand the risks of substance use** and the harm they cause to individuals, families and communities.

How much is too much? Understanding Addiction

This [video](#) explores what addiction is, how to seek help and **reduce our risk for developing addiction** in the first place.

The connection between substance use and mental health

Substance use and mental health are **deeply intertwined**, creating a cycle that is hard to break. Read this [article](#) to learn more about this link and how to support spouses, family members and friends who may be affected.

We want to hear from *you!*

Lucet is working to improve your online experience and would value your input. Please take a few minutes to complete our [EAP website usability survey](#). Your feedback will help guide future enhancements to better serve your needs. The **survey is open through October 17.**

Get started with your EAP by joining [this month's free webinars](#):

Blocking Burnout

Wednesday, October 15, 2025

[Morning - 12PM - 1PM EST](#)

[Afternoon - 3PM - 4PM EST](#)

Delivering Difficult Messages

Wednesday, October 22, 2025

[Morning - 12PM - 1PM EST](#)

[Afternoon - 3PM - 4PM EST](#)

◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544
Visit eap.lucethealth.com