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| **Resources Exist, Asking Can Help‒Civilian (REACH-C)**  **In our ever-changing lives, challenges are inevitable. With the right skills and resources, however, you can turn those challenges into opportunities for growth!**  REACH-C is a **new, self-paced online course**  designed to empower DoD civilians to unlock their  full potential through four essential skills:   * Advocating for yourself * Building social connections * Balancing work-life demands * Supporting colleagues in need   **Are You a DoD Supervisor?**  An additionalREACH-C module, specifically  designed forDoD supervisors, addresses  how to promotepsychological safety and  build trust within your employees.    **SCAN ME!**    **REACH-C Link:** [**https://www.dcpas.osd.mil/policy/worklife/employeeassistance/reach-c-training**](https://usg01.safelinks.protection.office365.us/?url=https%3A%2F%2Fwww.dcpas.osd.mil%2Fpolicy%2Fworklife%2Femployeeassistance%2Freach-c-training&data=05%7C02%7Colga.g.shechter.civ%40mail.mil%7C2a93ba22fac44c5141a108dd194d79f3%7C102d0191eeae4761b1cb1a83e86ef445%7C0%7C0%7C638694544091303070%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=onQ1%2Bpm%2BUDJDQurz6Rgd%2B2d1T8qKoSIlooMCVfTYYSM%3D&reserved=0)  **Contact Us:** [**dodhra.mc-alex.dcpas.mbx.dod-eap@mail.mil**](mailto:dodhra.mc-alex.dcpas.mbx.dod-eap@mail.mil)  **Why REACH-C?**  **REACH-C was developed by the Defense Personnel Analytics Center (DPAC), in collaboration with the Defense Civilian Personnel Advisory Service (DCPAS), to address the *Help-Seeking Paradox:* many federal employees want help offered through their workplace, but only a small percentage of individuals use the resources they have at their fingertips.**  **DoD offers free, short-term, confidential counseling and support services to address a range of personal and professional challenges through its Employee Assistance Program (EAP). The REACH-C Resources Handout, accompanying this course, offers many other helpful resources to assist personnel in times of need.**  **Always remember that your mental health and well-being matter!**  (DPAC-2024-208, PERSEREC-PA-24-05) |