

Free, Confidential Help

Debt Management

**Depression / Anxiety
Grief & Loss**

Eating Disorders

Divorce

Marital Relationships

Child / Teen Conduct

Elder Care

Alcohol / Drug Dependence

Gambling

Addictive Behaviors

Sexual Abuse

Domestic Violence

Trauma Reactions

Any EAP representative will be happy to assist you with EAP issues. Contact any EAP Director or Regional Representative listed on back. Local EAP Staff are on the web at iam141.org/eap

MidWest & Florida REGION MAIN OFFICE/ALL STATIONS & WORK AREAS CALL:

Mark Sanderson, NCAC, LAPC, CEAP
773.601.5081
email: msandersoneap@gmail.com

CLE

Patty Levstik
pattylevstik@gmail.com

Chicago

ORDCG

Jay Austin, Henry Klein, Beth Doocy, Scott Williams,
Reva Meadows, Kathy Dvorak, Jim Ahern

ORDJL

Couki Gaskins, Cynthia Diaferio, Dominic Maratto

ORDCS

Sue Briton-Optiz, Cynthia Diaferio, Felicia Gaines,
Marvin Harris, Kris Treder, Kate Waldron,
Mark Hacker

CHIRR

847-427-4020

Jodi Blumberg, Vickie Grigsby, Char Wiggins, David
Bryk, Linda Splinter, Charlene Allen

WHQ (Willis Tower)

Wissam (Sam) Jameel

DTWRR

Lisea Billingslea - Irtbill@sbcglobal.net

FLL Airport Terminal

Marie Dominguez-Diaz

mdominguez0707@yahoo.com

PIT Airport Terminal

Sheila Sonsino

STL

Scott Ross

TPA Airport Terminal

Chuck Krieg

MSP, MSY, RSW

If above phone # not listed look up in work area's or contact:

Midwest & Florida Region Representative

Mark Sanderson: 773.601.5081

email: msandersoneap@gmail.com

He will help you or contact your IAM/EAP person.

*Offering Our Members Confidential
Free Guidance to Professional Help*

EMPLOYEE ASSISTANCE PROGRAM



MIDWEST & FLORIDA REGION CLE

DTW FLL MSP MSY ORD PIT RSW

STL TPA



Geared to Help
iam141.org/eap

What Is The Employee Assistance Program (EAP)?

Many of us face painful, challenging personal problems at some point in our lives.

Fortunately, your labor union offers a program that can be of enormous help to us during difficult times.

The Employee Assistance Program – EAP offers free, professional, confidential help for employees and their families when a personal problem develops.

How Do I Know When I Really Have A Problem?

We all have ups and downs. It's not always easy to decide when to ask for help.

Your EAP representative can help you determine whether you need to take action.

Remember, it's better to deal with a problem before it becomes overwhelming.

Ask yourself these questions.

- Do I think about the problem frequently or, am I always worried about the same thing?
- Am I just telling myself the problem "isn't that bad and it'll just go away," but it doesn't?
- Do I feel tired, frustrated, depressed, angry or sick?
- Is my job performance or dependability being affected?
- Do I feel like giving up?

What Services Does The EAP Provide?

Your EAP staff will work with you to find a resource that most appropriately addresses your situation, and to develop a plan of action to meet your needs.

The EAP representative will also follow up with you to ensure that you are getting the help you need and that you are satisfied with the referral.

With What Kind of Problems Can EAP Help?

The EAP is staffed by mental health professionals who are experienced at helping employees with a range of personal problems.

- Depression / Anxiety
- Grief & Loss
- Alcohol / Drug Dependence
- Gambling
- Addictive Behavior
- Sexual Abuse
- Divorce
- Debt Management
- Elder Care
- Trauma Reactions
- Domestic Violence
- Eating Disorders
- Child / Teen Conduct
- Marital Relationships

What Will This Cost?

The services of the **IAM EAP** itself are free. If referral to a community service provider is necessary, your **IAM EAP** representative will work with you to make effective use of health insurance benefits.

Is The EAP Really Confidential?

The program is voluntary and confidential. (There are rare exceptions to confidentiality required by the laws of your community).

You are in control of the course of action you decide to take. Your EAP staff will work with you to find a course of action that works for your situation.

The IAM/UAL EAP's

IAM District 141 and United Airlines operate an EAP. Help is available not only through the IAM, but also through a program provided by the Company. Members are free to seek assistance from either program. To determine if consultation with a United Company EAP representative is appropriate, contact the regional office of the **IAM EAP**:

773.601.5081

The Next Step Is To Call EAP

You can call any of the phone numbers listed on the back of this brochure.

IAM District 141 Employee Assistance Program

Mark Sanderson, NCAC, LAP-C, CEAP
Midwest Regional EAP Staff
Chicago O'Hare Airport (ORD)

773.601.5081

msandersoneap@gmail.com