

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

Who to Call for Help

Main Office/All Work Areas

NORTH WEST REGION

Roberto Mendez, Regional Staff

650.634.3700

mundomendez63@gmail.com

PDX

Brian Schetter 971.227.6384
Amy Lupro 503.432-9154

RNO

Roberto Mendez 650.634.3700

SEA

Lora Bolding 206.465.9284
Bill Schilling 206.355.8037

SFO Ramp

Aziz Amani 650.274.8990
Ofa Makon 650.248.1089
Robert Mondoy 510.861.2831
James Rospigliosi 813.600.9358
Carlson Cepeda 510-326-7291

SFO Stores

Debbie Escobosa 650.346.3410
Greg Kantarjian 510 364-3409

SFO Customer Service—International

Francie Patchel 650.465.2471
Sandra Luna-Ramirez 650.814.9504
Michele Miller 415 971.9341

SFO Customer Service—Domestic

Carolyn Bates 925.366.9339
Silvana Farron 415.640.6859
Louisa Mendoza 415.203.3514
Blanca Siu-Stanton 650.270.7980
Greg Chance 415.830.8038
Terry Durham 650.444.9009
Luis Benitez 561 319.4524
Renuka Singh 650 784-6896

SJC

Lisa Shingu 408.607.8980

SMF

Roberto Mendez 650.634.3700

*Offering Our Members Confidential
Free Guidance to Professional Help*

EMPLOYEE ASSISTANCE PROGRAM



NORTH WEST REGION
PDX RNO SEA SFO SJC SMF



Geared to Help
iam141.org/eap

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

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 EAP itself are free.

If referral to a community service provider is necessary, your 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.

Company and Union EAP's

Help is available not only through your union, but also through a program provided by the Company. Union Members may seek assistance from either EAP.

The Next Step Is To Call EAP

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

Roberto Mendez
West Coast Regional Staff
Cell 650.444.6193
Office 650.634.3700