



# HELPING HANDS



## October is Mental Health Awareness Month

(excerpts taken from SAMHSA.gov, Mental Health)

Anyone can experience mental health problems. Friends and family can make all the difference in a person's recovery process. All of us can help by recognizing the signs of mental health problems and helping find professional assistance.

If a friend or family member is showing signs of a mental health problem, offer support by:

- Express your concern and support
- Remind your friend or family member that help is available and that mental health problems are readily treatable
- Ask questions, listen to ideas, and be responsive when the topic of mental health problems come up
- Reassure your friend or family member that you care about him or her
- Include your friend or family member in your plans—continue to invite him or her without being overbearing, even if your friend or family member resists your invitations
- Learn about positive mental health and begin to understand the facts about mental health problems
- Treat people experiencing mental health problems with respect, compassion, and empathy

### How to Talk About Mental Health

Ask these questions and make sure to actively listen to your friend or family member's response.

- I've been worried about you. Can we talk about what you are experiencing? Who are you comfortable talking to?
- How can I best help you? What would you like me to do?
- I am someone who cares and wants to listen. What do you want me to know about how you are feeling?
- Who or what has helped you deal with similar issues in the past?
- Sometimes talking to someone who has dealt with a similar experience helps. Who do you know that has experienced these types of problems who you can talk with?
- It seems like you are going through a difficult time. How can I help you to find help?
- How can I help you find more information about what you are experiencing?
- I'm concerned about your safety. Have you thought about harming yourself or anyone else?



Sometimes it is helpful to make a comparison to a physical illness. For example, many people get sick with a cold or the flu, but only a few get really sick with something serious like pneumonia. People who have a cold are usually able to do their normal activities. However, if they get pneumonia, they will have to take medicine and may have to go to the hospital.

Similarly, feelings of sadness, anxiety, worry, irritability, or sleep problems are common. However, when these feelings get very intense, last for a long period of time, and begin to interfere with school, work, and relationships, it may be a sign of a mental health issue. And just like people need to take medicine and get professional help for physical conditions, someone with a mental health concern may need to take medicine and/or participate in therapy in order to get better.

**Get Help for Your Friend or Family Member**

Seek immediate assistance if you think your friend or family member is in danger of harming themselves. In a crisis situation call a crisis line or the National Suicide Prevention Line at 1.800.273.TALK (8255).



Your IAM EAP is also available to talk with you about the situation and to help you determine the best course of action in your particular circumstances.



## Educate Yourself About Mental Health Issues

Learning about mental health issues can lead to:

- Improved recognition of early signs of mental health problems
- Earlier treatment
- Greater understanding and compassion



When talking about mental health problems:

- Know how to connect people to help
- Communicate in a straightforward manner
- Speak at a level appropriate to a person's age and development level (preschool children need fewer details as compared to teenagers)
  - Discuss the topic when and where the person feels safe and comfortable
  - Watch for reactions during the discussion and slow down or back up if the person becomes confused or looks upset

### *IAM Peer Employee Assistance Program*



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

#### **IAM EAP Airlines Chairmen**

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### *IAM EAP Calendar*

#### **IAM District 141 Convention**

October 10-13, 2016  
Bally's Las Vegas

#### **Employee Assistance Professionals Association Convention**

October 31-November 4, 2016  
Downtown Sheraton, Chicago

#### **2017\_EAP I-IV Classes**

William W. Winpisinger Education  
and Technology Center

##### **EAP I**

February 19-24

October 1-6

##### **EAP II**

April 9-14

##### **EAP III**

September 17-22

##### **EAP IV**

June 25-30