

# 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](http://iam141.org/eap)

## Who to Call for Help

Main Office/All Work Areas

### MOUNTAIN AND TEXAS REGION

J.R. Richardson, CEAP , Regional Staff

**303.348.3755**

Bahiyah Wright, Regional Staff - IAH

**832.418.2576**

#### AUS

Bahiyah Wright 832.418.2576

#### BIL

J.R. Richardson/Regional 303.348.3755

#### DEN

Shelly Archuleta-Lee	Call operations
Deb Coughlin	Call operations
Kristine Giordano	Call operations
Carol Gray	Call operations
Lynn Harvey	Call operations
Jeanette Londono	Call operations
Rita Malleck	Call operations
Sheila Martin	Call operations
Jim McSweeney	Call operations
Kim Merle	Call operations
Mike Myers	Call operations
Linda K. Pergola	Call operations
Anthony Rodriguez	Call operations
Maria Talavera	Call operations
Steve Tomes	Call operations
Ed Trotta	Call operations
Jeanne VanDuyne-Ewing	Call operations
William Woodward	Call operations

#### DFW

Juanita Allen 817.966.3206

#### IAH

Bahiyah Wright/Regional	832.418.2576
Lewis Norton	832.655.5758
Robert Ferucci	281.736.4213
Robin Haben	713.392.4657
Judson Ozenne	281.772.6143
Pete Tomas	281.748.9985
Sheryl Holland	281.701.2823

#### MCI/SLC/TUL/IND

J.R. Richardson/Regional 303.348.3755

#### SAT

Bahiyah Wright/Regional 832.418.2576

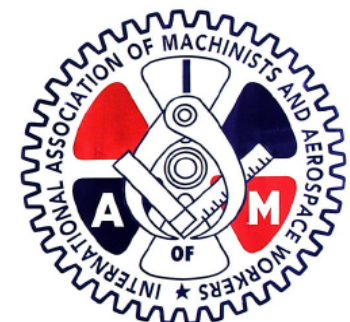
*Offering Our Members Confidential  
Free Guidance to Professional Help*

# EMPLOYEE ASSISTANCE PROGRAM



### MOUNTAIN AND TEXAS REGION

AUS BIL DEN DFW IAH IND  
MCI SAT SLC TUL



Geared to Help  
[iam141.org/eap](http://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 IAM/EAP representative can assist with a referral to a mental health professional or resource when a member may experience 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.

### **CENTRAL & MOUNTAINS REGION**

J.R. Richardson, CEAP, Regional Staff

**303.348.3755**

Bahiyyah Wright, Regional Staff - IAH

**832.418.2576**