

Free, Professional, Confidential

Debt Management

Depression / Anxiety

Grief & Loss

Eating Disorders

Divorce

Marital Relationships

Child / Teen Conduct

Elder Care

Alcohol / Drug Dependence

Gambling

Addictive Behavior

Sexual Abuse

Domestic Violence

Trauma Reaction

Stress Management

IAM District 141 EAP

Main Office/All Stations & Work Areas
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If above phone # not listed look up in work area or contact:

Midwest & Florida Region Representative Mark

Sanderson:

773- 601-5081

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*Offering Our Members Confidential
Free Guidance to Professional Help*

EMPLOYEE ASSISTANCE PROGRAM



MIDWEST & FLORIDA REGION
CLE DTW RRA FLL MSP ORD PIT RSW STL TPA

IAM EAP
Geared to Help

(Revised June 29, 2017)

Is EAP Right for You?

What Is The Employee Assistance Program (EAP)?

Everyone faces challenging personal problems at some point in their life.

The International Association of Machinists (IAM) offers a program that is helpful during difficult times. IAM District 141 EAP offers confidential and free help for union members and their families when they are faced with the problems life can present.

How Do I Know When I Really Have A Problem?

We all have ups and downs.

It's not easy to decide when to ask for support. Your EAP coordinator can help you determine whether you need to take action. It's always better to deal with a problem before it becomes overwhelming.

Here are some questions to help determine whether you may need help:

Do I think about a problem frequently; am I always worried about the *something*?

Am I just telling myself the problem isn't "that bad" and that it'll just go away; but it doesn't?

Do I feel tired, depressed, frustrated, angry or sick?

Is my job performance or dependability being affected?

Do I feel like giving up?

What Services Does The EAP Provide?

Your IAM EAP coordinator will listen to your situation and assist you in developing a plan of action that will meet your needs. If necessary, you will be referred to qualified service providers in your community. The IAM EAP coordinator will also follow up with you to ensure that you are getting the help you need, that you are satisfied with the referral and that your issue(s) are being resolved effectively.

Problems The EAP Can Help You Address:

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

The EA Program is confidential. Occasionally, there are circumstances that require help from resources within our communities. When this is necessary, we will discuss the situation with you, get your consent to speak with the resource and follow-up with the resource. Confidentiality is the cornerstone of the IAM EAP program. There are limits dictated by law that (in certain circumstances), require that confidentiality be broken, usually when there is a threat to someone in danger of harm.

The EAP is Free and Voluntary

The Employee Assistance Program is **voluntary**. You decide whether or not you follow the recommendations.

The IAM/UAL EAP

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.

773-601-5081

The Next Step Is to Call

Pick up the phone; seek out any of the IAM EAP coordinators noted in this brochure, or just call the main IAM EAP number above. A simple phone call is the first step toward problem resolution. Do it today!

IAM District 141 Employee Assistance Program

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Is the EAP Really Confidential?