

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

East Coast Region - Dulles

Kathy Ferguson LAP-C: CEAP,
Regional Staff
703.505.4321

East Coast Region - Newark

Victor Acosta,
Regional Staff
201.640.0498

ATL	Kevin Brooks	678-468-8813
BOS	Cheryl Creech	Call Operations
	LaDonna Evans-Ampadu	508.612.2145
	Maryann Murray	Call Operations
BWI	Mike McCarthy	410.859.2606
	Wayne McCloud	410.859.2606
DCA	Kathy Ferguson	703.661.4663
EWR	Victor Acosta/Regional	201.640.0498
	Pat Capasso	Call Operations
	Bill Gula	201.207.8963
	Russel Rolack	201.759.0797
	Willie Montoya	908.745.1632
	Grace DiBartolo	201.747.4026
	Mike Jones	917.822.9724
IAD	Laura "Missy" Rifae	571.246.3767
	Theresa Whitcomb	703.981.4979
	Melanie Molek-Trostle	717.968.1825
	Dermot Callan	703.661.4663
	Dave Davis	703.586.2784
	Adriana Picasso (Spanish)	703.987.0128
	Nancy Catudal	703.477.8740
LGA/SJU	Victor Acosta/Regional	201.640.0498
MCO	Butch Maldonado	407.825.6761
	Rhonda Zahra	321.689.1884
PHL	Kim Kafel	610.517.2350
	Joe Washburn	856.725.6036
RDU	Randy Westmoreland	919.840.4000

*Offering Our Members Confidential
Free Guidance to Professional Help*

EMPLOYEE ASSISTANCE PROGRAM



EAST REGION
ATL BOS BWI DCA EWR IAD LGA MCO
PHL RDU SJU



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 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.

East Coast Region - Dulles

Kathy Ferguson LAP-C: CEAP,
Regional Staff

703.505.4321

kf.borabora@cox.net

East Coast Region - Newark

Victor Acosta,
Regional Staff

201.640.0498

vicacoeap141@gmail.com