

## 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

## IAMAW Air Transport District Lodge 141 Employee Assistance Program

### EAP Staff

Director  
**Bryan Hutchinson**  
District 141 Director of EAP  
303 229-5117      bryanrhutch@aol.com

Chairmen  
**Chris Davis**  
District 141 EAP Chairman — American Airlines  
704 572-4859      chrisx1959@yahoo.com

**Meki Pei**  
District 141 EAP Chairman — Hawaiian Airlines  
808 208-5950      mekipei@gmail.com

**Kathy Ferguson LAP-C; CEAP**  
District 141 EAP Chairman — United Airlines  
703 505-4321      kf.borabora@cox.net

EAP UAL Regional Staff  
**Victor Acosta** — East Coast/EWR/LGA  
ATL EWR LGA RDU SJU  
201.640.0498      vicacoeap141@gmail.com

**Kathy Ferguson** — East Coast/Dulles  
BOS BWI DCA IAD MCO PHL  
703 505-4321      kf.borabora@cox.net

**Roberto Mendez** — North West  
RNO PDX SEA SFO SJC SMF  
650 444-6193      mundomendez63@gmail.com

**Tony Rodriguez** — Mountain and Texas  
BIL DEN IND MCI SLC TUL  
303-525-3334      iameaptony@gmail.com

**Bahiyah Wright** — Houston  
AUS DFW IAH MSY SAT  
832 418-2576      bahiyah.wright@gmail.com

**Ron Robinson** — South West  
LAS LAX PHX SAN SNA  
310 486-1225      lbronnie@aol.com

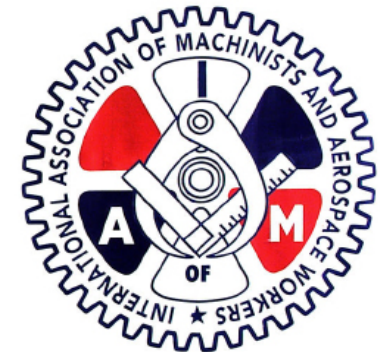
**Mark Sanderson, NCAC, LAPC, CEAP** — Mid-  
west and Florida  
CLE FLL MSP ORD PIT RSW STL TPA  
773 601-5081      msanderson141@gmail.com

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)

## IAMAW AIR TRANSPORT DISTRICT LODGE 141



## EMPLOYEE ASSISTANCE PROGRAM



*Offering Our Members Confidential  
Free Guidance to Professional Help*

## **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.

**Bryan Hutchinson**  
District 141 Director of EAP  
303 229-5117    bryanrhutch@aol.com