

*Offering Our Members Confidential  
Free Guidance to Professional Help*

## Who to Call for Help

Main Office/All Work Areas

### MOUNTAIN REGION

Tony Rodriguez, Regional Staff

**303.525.3334 Cell**

**303.348.3755 Office**

## 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**

### DEN

Tony Rodriguez/Regional	303-525-3334
Bill Woodward	303-548-8767
Carol Gray	303-345-5470
Deb Coughlin	303-469-7908
Gigi McCormack	720-232-4570
Jeanette Londono	720-233-0964
Jeanie Vanduyne-Ewing	303-570-6462
Jim McSweeney	719-337-8767
JR Richardson	720-723-8335
Kemo Scott	720-838-4055
Ken Cardoso	303-929-5331
Kristine Giordano	720-272-8428
Linda Pergola	303-919-2575
Lynn Harvey	720-232-4892
Maria Talavera	720-404-0782
Rita Malleck	720-313-0275
Shelly Archuleta-Lee	303-550-0044
Steve Tomes	720-245-3894

### BIL/IND/MCI/SLC

Tony Rodriguez/Regional	303-525-3334
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# EMPLOYEE ASSISTANCE PROGRAM



**MOUNTAIN REGION**  
BIL DEN IND  
MCI SLC



Geared to Help  
[iam141.org/eap](http://iam141.org/eap)

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)

## **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.

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