



## 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**

### Chairmen

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

### EAP Staff

**Ashley Wright** — CLT  
734-945-6291      achancellor85@gmail.com

**Ranita Redden** — CLT  
617-935-9961      ranita.redden@gmail.com

**Brian Lee** — CLT  
704 650-3869      blee71@gmail.com

**Jimarrus Cunningham** - CLT  
803-616-6583      Jimarrus803@gmail.com

**Juvonna Martin** — CLT  
704 650-7123      juvmrt@aol.com

**Lillian Graham** — DCA  
919-761-4453      Lillian.graham@aa.com

**Zenira Wiggins** — DCA  
252-366-7037      Zenira.wiggins@aa.com

**Edward Horvath** — DEN  
720-431-3877      edward.horvath@aa.com

**Suleiman Khalek** — DEN  
303-242-1776      abdu1k11@aol.com

**Deana Gamero** — LAS  
702-812-3126      darasi1@cox.net

**Kimberlee Schindler** — LAX  
810-428-6205      agentflyby007@gmail.com

**Frank Wiensenthal** — ORD  
847-975-4248      wiesonf@yahoo.com

**Dennis Spencer** — PHL  
484-680-6346      dspenceriamsafety@gmail.com

**Kenneth McKnight** — PHL  
954 832-6733      kenm1980@gmail.com

**Maria Davis** - PHL  
215-375-4974      mdavis9769@gmail.com

**Kendall Tuckett** — PHX  
480 580-1312      Flyme99@aol.com

**Vinny Capitani** — TPA  
727 254-8762

# EMPLOYEE ASSISTANCE PROGRAM

AT AMERICAN AIRLINES



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)

Free, Confidential 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 EAP is staffed by mental health professionals who are experienced at helping employees with 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  
303 348-4080 bryanrhutch@aol.com

**Chris Davis**  
District 141 Chairperson of EAP  
American Airlines  
704 572-4859 chrisx1959@yahoo.com