

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

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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

EWB
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Pat Capasso Call Operations
Bill Gula 201.207.8963
Russel Rolack 201.759.0797
Willie Montoya 908.745.1632
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IAD
Laura "Missy" Rifae 571.246.3767
Theresa Whitcomb 703.981.4979
Melanie Molek-Trostle 717.968.1825
Dave Davis 703.586.2784
Adriana Picasso (Spanish) 703.987.0128
Nancy Catudal 703.477.8740

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Miguel Martinez 201.736.1851
Rhonda Zahra 321.689.1884
Liz Rodriguez 407.791.7656

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 EWB 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

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