

## Employee Assistance Program

### 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 and EAP Director or Regional Representative listed on back. Local EAP Staff are on the web at

[www.iam141.org/eap](http://www.iam141.org/eap)

## **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](mailto:bryanrhutch@aol.com)

#### Chairmen

**Chris Davis**

**District 141 EAP Chairman - American Airlines**

704 572-4859

[chrisx1959@yahoo.com](mailto:chrisx1959@yahoo.com)

**Meki Pei**

**District 141 EAP Chairman - Hawaiian Airlines**

808 208-5950.

[mekipei@gmail.com](mailto:mekipei@gmail.com)

**Tony Rodriguez**

**District 141 EAP Chairman - United Airlines**

303 525-3334

[iameaptony@gmail.com](mailto:iameaptony@gmail.com)

#### EAP UAL Regional Staff

**Victor Acosta - East Coast**

**ATL EWR LGA RDA RDU SJU**

201 640-0498

[vicacoeap141@gmail.com](mailto:vicacoeap141@gmail.com)

**Joe Washburn - East Coast**

**BOS BWI DCA IAD MCO PHL**

856 725-6036

[rack9ball63@yahoo.com](mailto:rack9ball63@yahoo.com)

**Noelle Sakamoto - North West**

**RNO PDX SEA SFO SJC SMF OAK**

650 520-6994

[Noelle.EAP1781@yahoo.com](mailto:Noelle.EAP1781@yahoo.com)

**Ken Cardoso - Mountain & Texas**

**BIL DEN IND MCI SLC TUL**

720 591-6797

[659ken@gmail.com](mailto:659ken@gmail.com)

**Belinda Hawkins – Houston**

**AUS DFW IAH MSY SAT**

832 215-6247

[EAPiamBelinda@gmail.com](mailto:EAPiamBelinda@gmail.com)

**Ron Robinson - South West**

**LAS LAX PHX SAN SNA**

310 486-1225

[lbronnies@aol.com](mailto:lbronnies@aol.com)

**Marvin Harris NCAC LAPC CEAP**

**Midwest & Florida CLE FLL MSP ORD PIT RSW STL TPA**

708 552-6454

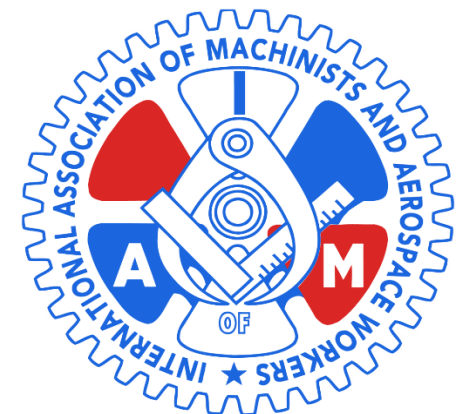
[iameapmarvin@gmail.com](mailto:iameapmarvin@gmail.com)

*Offering Our Members Confidential Free  
Guidance to Professional Help*

## **IAMAW Air Transport District Lodge 141**



## **EMPLOYEE ASSISTANCE PROGRAM**



## **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**