

Cleared.



**The Machinists Union Employee Assistance Program can help you find comprehensive, professional and confidential help with almost anything life throws at you.**

The EAP partners with top-rated and licensed therapists, counselors, addiction specialists, and other experts to provide the highest quality care possible.

Your EAP can also help you navigate through insurance options, and find the plans that work best for your unique circumstances.

## The Employee Assistance Program

Call for confidential support.

**American Airlines: (704) 572-4859**

**United Airlines & UGE: (303) 525-3334**

**Hawaiian: (808) 367-3774**

## EAP Staff Directory

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**IAM141.org/141EAP**



## Employee Assistance Program

Free. Confidential. Compassionate.



District 141 EAP

## The EAP Offers a Wide Range of Support Options

Your EAP Rep can help you find professional, confidential help in dealing with almost any issue that could impact your relationships, your career, and your personal well-being.

The EAP is a vital tool for anyone seeking self-improvement and self-care.

- Addictive Behavior
- Alcohol and Substance Dependency
- Child and Teen Counseling
- Debt management
- Depression and Anxiety
- Domestic Abuse
- Diet, Nutrition and Weight Loss
- Elder Care
- Gambling
- Grief and Loss
- Hospice and End of Life Care
- Marriage and Couples Counseling
- Sexual Abuse
- Trauma Recovery

## Employee Assistance Program



Scan for more information about the Employee Assistance Program



## EAP Services are Free

The services of the EAP are available to you at no cost. If you are referred to a care provider, your EAP Representative can help identify all the discounts, incentives and financial assistance you may be entitled to.

## Always Confidential

The EAP maintains the highest levels of confidentiality and respect for your personal privacy. You are in complete control over how your personal information is shared.



## How the EAP Works

Trained and experienced EAP Representatives carefully evaluate a range of wellness programs to ensure those seeking assistance will receive the highest levels of professionalism and care. These programs include addiction specialists, family and marriage counselors, trauma experts and licensed therapists, among many others.

When you call an EAP Representative, they will help you locate custom treatment options for your unique circumstances. They can explain how to work with your insurance and guide you through the process of obtaining the care you need.

**EAP support is compassionate, confidential, free, and just a phone call or text away.**