



IUE-CWA Local 81408 United Optical Workers

Dear Member,

In our continued effort to expand the services available to our members, we are now able to offer [HealthCare Assistance with Member Support \(HCAMS\)](#) for you and your family at no cost. HCAMS understands our Union members are *facing more difficult issues during the pandemic than ever before*. There have been increased health and financial concerns. It's been an increased challenge balancing work and family. The lingering uncertainty of our new normal is causing increased stress, anxiety, and substance abuse.

With the COVID-19 crisis there are new concerns and protections in place, and **HCAMS, Your Union EAP** can support and assist you. Now more than ever, it's important to know that *you're not alone*, and there are people ready to help you navigate through these issues.

If stress and anxiety are affecting your already complex daily routines, there is help available to our Members. **HCAMS** offers a confidential, no cost **Employee Assistance Program (EAP)** to all our members and their families [24 hours a day, 7 days a week](#).

HCAMS is scheduling trainings on education, stress relief, and wellness

- [Covid Stress Syndrome](#)
- [General Stress Anxiety/Trauma](#)
- **Job Protective Employee Assistance**
- **Drug and Alcohol Dependencies**
- **Depression and Anger Management**
- **Americans with Disabilities Act, ADA**
- **Family Medical Leave Act, FMLA**
- **Chapter 69**

Job Protection is their number one goal particularly in these difficult, uncertain times.

Don't let "stressors" affect your job security.

Call **1-888-828-7826** for more information.



In Cooperation with Your Association

www.unionsupport.org

Sincerely,
Jason Johnson
President

"You can't exercise your rights, if you don't know your rights."

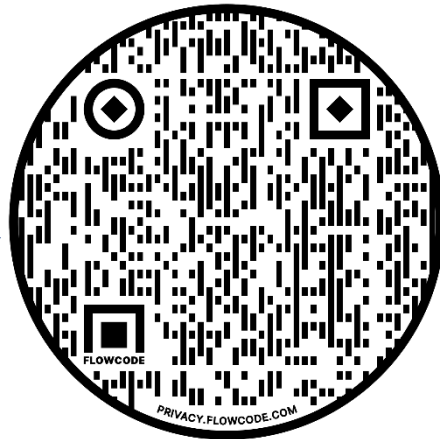
Signs of COVID-19 Burnout

1. Do you become tired very easily/have less energy during the day/are tired earlier than usual/tired after simple activities?
2. Are you hearing from friends and family, "You don't look so good/You look tired,"/Feeling annoyed and ready to lash out when you hear this?
3. Do you find yourself working harder/working longer hours and accomplishing less, and/or making more mistakes than usual?
4. Are you feeling cynical/helpless/unenthusiastic about life or the future?
5. Are you feeling sad throughout the day/crying frequently/ feeling constantly on the verge of tears?

Take the rest of the Burnout Assessment and get your score:

<https://www.hcams.net/covid19-relief-resources>

Use your camera phone to scan and join the **HCAMS Newsletter**. Stay up to date on wellness, behavioral health, and important COVID-19 updates.



HCAMS

www.unionsupport.org

1-888-828-782