

The EAP Newsletter

October is Domestic Violence Awareness month, as a negotiated program to benefit all members and their families, the EAP Program is a confidential referral service that assists with personal or work-related problems that impact performance, health, mental and emotional well-being including assistance with resources regarding domestic violence. The National UAW-Stellantis EAP department is constantly looking for ways to engage and support Local members and get helpful information to the shop floor. The EAP Newsletter is another method to communicate helpful information that may assist with issues that may be affecting our members and their families. The newsletter is a joint publication that is sent to all the Local EAP Representatives (both UAW & management). The Local UAW EAP reps have the responsibility of printing and distributing the Newsletters. Some topics that have been covered are listed below:

- **An explanation of the EAP Program**
- **Depression**
- **Autism Awareness**
- **Suicide Prevention**
- **Youth in Crisis**
- **Getting Through Hard Times**
- **Benefits of Healthy Sleep**
- **Work-Life Balance**
- **Caring for Caregivers**
- **The Holiday Blues**
- **Maintaining Good Mental Health**
- **Dealing with Toxic Relationships**
- **Dealing with and Addicted Family Member**
- **Substance Abuse Awareness**

The Newsletter is also a resource to recognize all the dedicated UAW EAP reps that work to minimize challenges in and outside of the facilities daily. Through the newsletter, the EAP Representatives can express how the EAP Program is making a difference in their lives and in the lives of so many members and their families. Our hope is that by providing the EAP Newsletter, it may give a member a reminder of this valuable resource and encourage them to visit their EAP Representative to get help with a situation that may potentially erupt into a much larger issue. As a reminder, this comprehensive program covers everything from credit counseling, suicide intervention, domestic violence, and stress management to legal problems and conflict resolution. Working with you, your Local EAP Representative can locate a professional who understands how to help. EAP can help you get back on track and maintain a balance between work, family, and financial well-being. You can improve your ability to cope with all life's competing demands. If you need support, please reach out to your Local EAP Representative.

If you have not yet seen the Newsletter, please reach out to your Local UAW EAP Representative for past and present editions.