

## 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 Coordinators are on the web at [iam141.org/eap](http://iam141.org/eap)

### East Coast Region - Dulles

Kathy Ferguson LAP-C: CEAP,  
Regional Coordinator

**703.505.4321**

### East Coast Region - Newark

Victor Acosta,  
Regional Coordinator

**201.640.0498**

#### ATL

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#### BOS

Cheryl Creech Call Operations

LaDonna Evans-Ampadu 508.612.2145

Maryann Murray Call Operations

#### BWI

Mike McCarthy 410.859.2606

Wayne McCloud 410.859.2606

#### DCA/SJU

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Dermot Callan 703.661.4663

Dave Davis 703.586.2784

#### LGA

Kathy Ferguson 703.661.4663

#### MCO

Butch Maldonado 407.825.6761

#### 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 EWR IAD LGA MCO  
PHL RDU SJU



Geared to Help  
[iam141.org/eap](http://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 coordinator 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 EAP is staffed by mental health professionals who are experienced at helping employees with 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 coordinator 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.

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