



Mental Health Awareness Month

Why Mental Health Matters to Union Members

May is Mental Health Awareness Month—a time to reflect, learn, and take action to support our emotional well-being. As your Member Assistance Program (MAP), we're here to remind you that mental health is just as vital as physical safety on the job.

Whether you're working on the line, in the office, or out in the field, your mental health affects how you show up every day—for your work, your family, and yourself.

Union members face unique pressures: long hours, shift work, physical demands, and the stress of advocating for fair treatment. These challenges can take a toll on your emotional resilience. That's why we're committed to helping you recognize signs of strain early and connect with support before things feel overwhelming.



Common Stressors in Union Work

- Job insecurity or contract negotiations
- Physical fatigue and chronic pain
- Workplace conflict or harassment
- Financial pressures and overtime demands
- Balancing work with caregiving responsibilities

Mental health isn't just about avoiding crisis—it's about building strength. This month, we encourage you to check in with yourself and your coworkers. Let's break the stigma and make mental wellness a union priority.

Recognizing the Signs and Taking Action

Mental health challenges don't always look like what we expect. They can show up as irritability, exhaustion, or even physical symptoms like headaches or stomach issues. The earlier we recognize these signs, the easier it is to take action.

Signs You Might Be Struggling

- Feeling overwhelmed or constantly anxious
- Trouble sleeping or sleeping too much
- Withdrawing from coworkers, friends, or family
- Increased use of alcohol or substances to cope
- Difficulty concentrating or making decisions
- Persistent sadness or loss of interest in things you enjoy

If any of these sound familiar, you're not alone—and you don't have to handle it alone. Your MAP offers confidential support, including counseling, referrals, and resources tailored to union members. We understand your work environment and the pressures you face.

How MAP Can Help

- Free, confidential counseling sessions
- Support for stress, anxiety, depression, and grief
- Help navigate workplace conflict or burnout
- Referrals to community resources and specialists
- Guidance for supporting a coworker in distress

Taking care of your mental health is a sign of strength—not weakness. Reach out to MAP today. We're here for you.

Building a Culture of Mental Wellness

Mental health is a collective effort. When unions prioritize emotional well-being, they create safer, stronger workplaces. This Mental Health Awareness Month, let's commit to building a culture where it's okay to speak up, ask for help, and support one another.

What You Can Do

- Check in with coworkers—ask how they're really doing
- Share MAP resources at union meetings or on bulletin boards
- Normalize conversations about stress and mental health
- Advocate for mental health training and support in your workplace
- Take breaks, use your benefits, and set boundaries when needed

Your union is more than a workplace—it's a community. Let's make it one where mental health is protected, respected, and supported.

If you or someone you know is struggling, MAP is just a call or click away. Let's take care of each other—this month and every month.

**For more information, tools, resources, or app information, call your
Life Advisor Member Assistance Program!**



**Ulliance provides no cost, confidential, short-term counseling
for you & your family.**

Call us- we're here to help **800.448.8326**