



LOCAL 1085

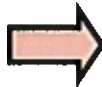
Dear Member,

The staff at **Healthcare Assistance with Member Support (HCAMS)** understands that our Union members are facing more difficult issues this year than ever before. Contract changes, increased insurance contributions, increased workloads, and other outside forces may be altering the way that you approach your job and the world beyond your work environment.

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.

It's important to recognize the signs and symptoms of stress, which, left untreated can have a negative impact on an individual's health and job performance. Stress affects every aspect of your life—work, home and family.

The HCAMS staff has over 90 years of combined experience working with union members including support staff, and is ready to assist with issues such as:



- ◆ Stress and Anxiety Related Conditions
- ◆ Job Protective Employee Assistance
- ◆ Drug and Alcohol Dependencies
- ◆ Depression and Anger Management
- ◆ DUI Advocacy
- ◆ Hostile Work Environment/Bullying
- ◆ Prescription Medication Dependencies

Job protection is their number one goal particularly in these difficult times. Don't let "stressors" affect your job security. Call 1-888-828-7826 for more information.

HCAMS
In
Cooperation with
Your Union

www.unionsupport.org

Sincerely,
Mike Blaszczyk
President