



Safety and health updates

Did you notice your name listed in last month's *Postal Record*? I hope so! Last month's issue was dedicated to every carrier who contributed to COLCPE during the past year. This is the off year for elections and it is shaping up to be a struggle. We need all carriers to have their names in next year's special issue. Without the participation of every letter carrier, we may not have enough funds to protect the future of our jobs and the ability for working class people to survive. The money that has already been collected will help ensure that our union has the ability to move forward the agenda to help letter carriers and their families.

Workers Memorial Day is just around the corner, and now is the time to be thinking if your branch will be interested in participating. Any branches interested in obtaining Workers Memorial Day informational packets can call NALC Headquarters after March 15 to request materials or see the AFL-CIO website for more information.

Decades of struggle by workers and their unions have resulted in significant improvements in working conditions. But the toll of workplace injuries, illnesses and deaths remains enormous. Each year, thousands of workers are killed and millions more are injured or diseased because of their jobs. The unions of the AFL-CIO remember these workers on April 28, Workers Memorial Day.

Our fight for safer workplaces should become easier as the Obama administration has committed to help expand OSHA funding, which will turn around the previous administration's actions of denying progress in protecting workers, where safety and health progress had actually slowed down and, for some groups of workers, jobs became more dangerous.

Last month, members of the National Joint Employee Assistance Program Committee (NALC, APWU and USPS) agreed to continue to promote and encourage all DACs to use April to hold events in their districts that would best help promote the EAP.

Getting help is easy, convenient and confidential. Just call 800-EAP-4YOU to speak to a live person at any time. Professional counselors and intake specialists are available 24 hours a day, seven days a week to discuss your concerns. Crisis counseling is always available to ensure that you get the help you need when you need it.

Whether there is an immediate crisis in the workplace or the need for a resource address close to you, the EAP is ready to provide services to meet your needs. You can get names and resources in your community that provide child care and elder care services by calling 800-EAP-4YOU or by accessing the website at eap4u.com and clicking on "enter member web site." This site has a wealth of valuable information.

The Employee Assistance Program representative will help you:

- **Clarify the problem**—The EAP representative will help clarify the issue for which you are seeking help. This ensures that your concern is being addressed.
- **Identify options**—Together, you and the representative will explore alternatives for addressing the problem. EAP counselors provide an objective point of view and can offer suggestions that you may not have been considering.
- **Develop a plan**—An individualized plan is then developed. The plan may involve short-term counseling through the EAP or a referral to a helpful resource in the community. Family members may also be included in counseling as part of the action plan for the problem resolution. In all cases, the decision of how to handle your concern and manage your life is up to you.
- **Confidentiality**—Your privacy is always protected by strict federal and state confidentiality laws and regulations and by professional ethical standards for counselors. Information you share with the EAP may not be released to anyone without your prior written consent, except as required by law (e.g., when a person's emotional condition is a threat to him or herself or others; when there is a suspected abuse of a minor child, and in some states, spousal or elder abuse).

The EAP can help you resolve your personal concerns so you can be your best at work and at home. Among other things, the EAP can help you with work stress, parenting issues, relationship problems, anxiety or depression, anger management, alcohol or drug dependencies, coping with change and bereavement.

The Employee Assistance Program is your negotiated contractual right and provided by the USPS for its employees and their families. ☒