



## How the EAP can help and how we can help

I last wrote about the Employee Assistance Program (EAP) early last year. Part of my duties at the NALC includes serving on the National Joint Committee (NJC). We oversee the EAP program nationally and hold monthly face-to-face meetings to address and correct problems as well as promote EAP.

Often we see news that rips our hearts out, where a member of our postal family does something that is tragic, leaving their families and friends in pain. Sometimes they may not be aware of the help that is readily available. They may fear making that first call because they do not know what to expect when they do reach out, nor do they have any idea of the scope of assistance that is available. The EAP counselors provide much more assistance to all of us than I can adequately describe.

Promoting the services that are available through EAP begins with you and me understanding the program and what it offers our work and our home families. It requires that we understand how someone might have felt before they reached out for help and then how they were helped after reaching out.

And so, I invite you to share your success stories with me. If you have reached out for a counselor by calling 800-EAP-4YOU (800-327-4968) or reached a counselor through another method and have a success story that you would be willing to share to help another employee find hope, I would like to hear from you. Please send a letter to my attention at our office in Washington, DC.

In that letter, please identify what you were facing and how you felt before reaching out. Describe how the counselor responded and assisted you and then tell me how

your life or your family's life was changed. If you wish to remain anonymous, please do so, but share your thoughts. Often, those who have walked the same path before have been most helpful to those who follow.

How you felt then and how you feel now



may appear to be unimportant to you when you look at life through the rearview mirror; however, when you sit and reflect on your travels, they mean much more. A person who is now troubled may see no hope for tomorrow and just give up or give in. We can help each other and that is what we all should be doing.

For more information about EAP, scan the QR code below by using your smartphone.

### Hurricane Sandy

You will be receiving this issue of *The Postal Record* about a month or so after Hurricane Sandy slammed the East Coast. The aftereffects of the damage left by the storm will take quite some time to address, and it ranks as one of the most expensive storms in U.S. history. I ask you to reach into your wallet, your purse or your bank account and make a donation to the Postal Employees' Relief Fund (PERF). Keeping an eye on each other, as I often write, in this case calls for helping when we can. For information on how to donate, go to: [nalc.org/sandy](http://nalc.org/sandy). Please also go to page 4 of this month's *Postal Record* for additional information.

### The 2012 election

All of your NALC officers were very active working on the Labor 2012 campaign to re-elect President Obama, to keep control of the Senate and to make gains in the House of Representatives. It is now time for both parties to focus on the needs of the many. The concession speech given by Gov. Romney and the victory speech given by President Obama were both very classy. When the balloting and counting are over, which they should be by the time you read this, the red and the blue should always blend into the red, white and blue.

We want to thank each and every letter carrier, active and retired, and their families for all their hard work during this very animated election cycle.

We now need to roll up our sleeves and work with the next Congress to protect and improve the institution that we serve as letter carriers. We will be spending time educating the newly elected members on the Hill, and your efforts will be greatly needed in the future. ☒