

EAP offers help when you need it most

The Employee Assistance Program (EAP) is a free, voluntary and confidential program that offers assessment, consultation, counseling, life coaching or training to any postal employee who needs help with life's many challenges. Family members of employees are eligible as well, and EAP also can advise a concerned employee on how to help a co-worker.

"EAP is an amazing resource," NALC President Fredric Rolando said. "During such stressful times as these, it's important to remember that the people at EAP, who are independent contractors hired by USPS, are there to provide or find help with a wide variety of problems."

EAP is jointly administered by NALC, the American Postal Workers Union (APWU) and the U.S. Postal Service. All EAP counselors specialize in counseling or social work, and have experience in dealing with a wide range of personal and workplace concerns.

Reasons a postal employee might seek help from EAP include difficulties with family, children, marriage, divorce, care of an elderly person, child care, depression or anxiety, grief or loss, substance abuse, job performance problems, or personal or work relationship problems.



Discussions with EAP are confidential, even when they relate to work.

These unprecedented times cause distress and leave many vulnerable to mental health problems. In dealing with the ongoing COVID-19 pandemic the past year, the mental health effects of the crisis have presented factors that increase the risk of suicide or substance abuse.

It is important for those struggling with mental health issues, as well as those who support them, to seek assistance opportunities—including using telemedicine services for mental health, maintaining physical distancing (but remaining socially connected), and reaching out to individuals at risk to self-harm.

In addition to helping a postal employee or family members, EAP also can help postal employees support each other or deal with the repercus-

sions of other people's challenges. If you notice a co-worker who appears to need help, you can contact EAP for assistance. An EAP counselor will help you size up the problem and decide how to approach that person to offer help, including the option of referring the co-workers or family member to EAP.

Communications with EAP are confidential—your privacy is protected by strict federal and state confidentiality laws and regulations and by professional ethics standards for counselors.

Through technology, EAP has enhanced the way it serves postal employees and their families. In addition to person-to-person or phone communication, employees or family members can use video counseling or text messaging; can avail themselves of the many online tools offered through the myStrength portal; and can find articles, locators, assessments, trainings, webinars, calculators, advice, videos and recipes in the health resource library—all through the EAP's website, eap4you.com.

Letter carriers seeking EAP services can call 800-EAP-4YOU (800-327-4968), TTY 877-492-7341 or visit eap4you.com. **PR**

Letter carriers killed by COVID-19

This special in memoriam honors letter carriers known by NALC at press time to have died from COVID-19.

A year after the World Health Organization declared COVID-19 a pandemic in March 2020, 529,000 Americans had died as a result

of the coronavirus. More than 29.2 million Americans had been infected by the virus. The numbers can be numbing and can even seem abstract. But letter carriers know the reality of the pain and suffering caused by the pandemic, because we are not sheltering in place. As essential workers,

we continue to work, and we face the risks of interacting with the public and our fellow postal employees—even as we do what we can to protect ourselves and our families from the COVID-19 virus.

Tragically, at least 36 active and 28 retired letter carriers have died due to



LETTER CARRIERS MEMORIAL

Honoring the letter carriers
who have died from COVID-19

Rakkhon Kim Bronx, NY - Br. 36 50 years old	Frank Leong Manhattan, NY - Br. 36 63 years old	Martin Harris Scarsdale, NY - Br. 693 51 years old	Olivia Meraz Phoenix, AZ - Br. 576 59 years old
John Consilvio Westchester, NY - Br. 693 65 years old	Johnny Tamayo Pasadena, TX - Br. 3867 69 years old	Angela Hampton Fort Lauderdale, FL - Br. 2550 56 years old	Raymond "Doc" Dougherty Philadelphia, PA - Br. 157 70 years old
Nazmul Haque Williamsbridge Station, NY 56 years old	Kevin Urquhart Uniondale, NY - Br. 6000 66 years old	Tamika Shields Detroit, MI - Br. 1 46 years old	Theresa Torres New York, NY - Br. 36 53 years old
Kerry Morrissey Ames, IA - Br. 1081 60 years old	Rocco Lombardo Flushing, NY - Br. 294 61 years old	Danilo Javier Bergen Co., NJ - Br. 425 60 years old	Ivorall Davidon Fort Lauderdale, FL - Br. 2550 59 years old
Robert Moe Bellingham, WA - Br. 450 89 years old	Michael Hunt Sr. New York, NY - Br. 36 48 years old	Melvin Stahmer Iowa City, IA - Br. 373 68 years old	Raymond Earl Moore Youngstown, OH - Br. 385 72 years old
Robert Fouts Massillon, OH - Br. 238 63 years old	Mary Crosby Chillicothe, OH 63 years old	J.R. Parker Philadelphia, PA - Br. 157 76 years old	Paulino Huerta III Mercedes, TX - Br. 2562 56 years old
Manny Martinez Fort Worth, TX - Br. 226 64 years old	Donald Hunter Omaha, NE - Br. 5 60 years old	John Buffer Frankfort, IL - Br. 4016 79 years old	John Onsager Eau Claire, WI - Br. 728 76 years old
Ubaldo "Al" Herrera Oak Brook, IL - Br. 825 46 years old	Thomas Juillerat Wilmington, OH - Br. 43 62 years old	Jody Kotowski Buffalo, NY - Br. 3 56 years old	Jeff Jameson Oklahoma City, OK - Br. 458 51 years old
Joseph Veckov New Castle, PA - Br. 22 54 years old	Benedicto Fajardo Deerfield, IL - Br. 4739 55 years old	Gregory Sutak Cleveland, OH - Br. 40 66 years old	Rosemary Villegas Richmond, CA - Br. 1111 68 years old
Ana Palafox Garden Grove, CA - Br. 1100 60 years old	Joseph Mercurio Alton, IL - Br. 309 64 years old	Roy Orona Las Vegas, NV - Br. 24 74 years old	Robert "Bob" Condon Harrisburg, PA - Br. 500 90 years old
Bill Dew Jr. Northern Virginia - Br. 3520 65 years old	Danny Pocchiari St. Petersburg, FL - Br. 1477 94 years old	Johnson McPherson II Norwalk, CT - Br. 147 54 years old	James Drury Garden Grove, CA - Br. 1100 87 years old
Pamela Carter-Butler Pottstown, PA - Br. 920 64 years old	Robert Bracy Louisville, KY - Br. 14 71 years old	William "Hosea" Hunter Medford, OR - Br. 1433 73 years old	Vincent Welsh Utica, MI - Br. 4374 79 years old
Robert Beasley Los Angeles, CA - Br. 24 88 years old	George Kazonis Hammond, IN - Br. 580 70 years old	Fred Yates High Point, NC - Br. 936 57 years old	Alexander Morin Gilford, NH - Br. 44 94 years old
Duane Dudgeon Minneapolis - Br. 9 82 years old	Griffith Low Sonora, CA - Br. 4625 72 years old	Roger S. Mezynski Worcester, MA - Br. 12 73 years old	Melvin Fonville Long Island Mgd. - Br. 6000 64 years old
Patrice Roy Portland, ME - Br. 92 78 years old	Edwin Ventura Tri-Valley, CA - Br. 2902 30 years old	Theodore "Ted" Popovich Youngstown, OH - Br. 385 74 years old	Robert William "Bob" Meeson Albany, NY - Br. 29 70 years old
Gerald Lubin Royal Oak, MI - Br. 3126 80 years old	Harold Long Lexington, KY - Br. 361 81 years old		Stanley "Stacky" Wojcik Wheeling, WV - Br. 66 70 years old

the coronavirus.

"We mourn the loss of our brothers and sisters in this unprecedented health crisis," NALC President Fredric Rolando said. "NALC offers its prayers and support to their families, because they are part of our letter carrier family, too."

April 28 is Workers Memorial Day, the day each year when we remember workers who have died while on the job or due to injury or disease caused by their work. This year's observance is made more poignant by the risk of COVID-19 exposure that all active letter carriers face on the job.

"Whether or not they contracted the virus while working, the loss of these carriers shines a light on the heroic and dedicated service that letter carriers are providing to a nation that needs their help more than ever," Rolando said. "Throughout the pandemic, letter carriers have brought supplies, medication, election ballots, checks, census documents and vital information to households—and along the way we are delivering a sense of connection and hope."

Let us remember and honor the letter carrier victims of this terrible pandemic. **PR**