



UPSEU

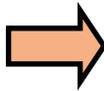
Dear Member,

The staff at **Healthcare Assistance with Member Support (HCAMS)** understands that our union members are facing more difficult issues this year than ever before. With the increase stress of a national pandemic, having to navigate in this time of uncertainty can be enough to cause unhealthy levels of stress. It is important for you to understand you have the support from HCAMS.

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 Association

www.unionsupport.org

Sincerely,
Kevin Boyle
UPSEU President

STRESS FACTS

- 43% of all adults suffer adverse health effects from stress.
- 75% to 90% of all doctor's office visits are for stress-related ailments and complaints.
- Stress is linked to six of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. In terms of lost hours due to absenteeism, reduced productivity and workers' compensation benefits, stress costs American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50% often due to chronic, untreated stress reactions.