

Online Resources for Those Struggling

While we often try to stress the importance of calling our Members Assistance team, we also realize that reaching out for assistance can be challenging. In this article, we wanted to offer some trustworthy online sources in case the fear of making the call is too much.

Trustworthy websites pertaining to lifestyle issues:

OSHA (Occupational Safety and Health Administration)

www.osha.gov

With the Occupational Safety and Health Act of 1970, Congress created the Occupational Safety and Health Administration (OSHA) to ensure safe and healthful working conditions for workers by setting and enforcing standards and by providing training, outreach, education and assistance.

NIOSH (National Institute for Occupational Safety and Health)

www.cdc.gov/niosh/index.htm

NIOSH research, programs, and publications are responsive to the occupational health and safety problems that burden today's and tomorrow's workers. NIOSH utilizes only the best science, the highest quality of data, and the most transparent and independent peer review.

CDC (Centers for Disease Control and Prevention)

www.cdc.gov

CDC is the nation's leading science-based, data-driven, service organization that protects the public's health.

SAMHSA

www.samhsa.gov

The Substance Abuse and Mental Health Services Administration is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

National Action Alliance for Suicide Prevention

theactionalliance.org

Works to change the conversation about suicide prevention

Man Therapy

www.mantherapy.org

Man Therapy was created by a multidisciplinary team of suicidologists, mental health experts, marketing strategists, and creatives to make mental health approachable by using humor to break stigma and help men take action with tools and resources. The best part about it? It works. \

While we always encourage the use of our Members Assistance Program, we recognize that sometimes finding the courage to make the call for help can be challenging. We work hard within the local to ensure our program is stigma free and confidential. Jerry Marcil, our licensed clinician, is always available for calls and prioritizes Local 478 members and family. Jerry can be reached at 860-387-2261

Local 478's Family Group

Every Thursday night at 6 p.m., Local 478, hosts a family support group for substance abuse disorders, and other lifestyle issues which is run by Members Assistance Program Coordinator, Ashley Dwyer and Connecticut Counseling and Wellness. Topics in the group, range from the science of drug addiction, suicide and many others. This group is open to anyone, you do not have to have substance abuse disorder to attend.

Members Assistance Program Contacts:

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