

NEED ASSISTANCE?

If you or a fellow union member have a problem with substance abuse or are struggling with depression or suicidal ideation, support is available!

Contact your local's Member Assistance Program or the Suicide & Crisis Lifeline at 988.

SCAN THE QR CODE FOR HELP.



NOBODY STANDS ALONE



IN A UNION FAMILY



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SUICIDE AND CRISIS LIFELINE
CALL OR TEXT 988 • Help is available 24/7/365
All calls are kept confidential.

