



# PEER SUPPORT BASICS

Reaching out can make all the difference

## May Newsletter



Peer Support Program  
National Program that's Internationally Recognized and Affiliated

# Local 591 National Peer Support

Credit IAM EAP, LAP

## May 2024

### Embracing Mental Health Awareness: The Significance of Mental Health Month in May

Mental health awareness is a crucial aspect of our overall well-being. Just like physical health, our mental health requires attention, care, and understanding. May marks Mental Health Month, a time dedicated to raising awareness about mental health issues, reducing stigma, and advocating for access to mental health services.

History of Mental Health Month: Mental Health Month traces its origins back to 1949 when the Mental Health America organization (formerly known as the National Association for Mental Health) established Mental Health Week. Over time, this observance expanded to encompass the entire month of May. Mental Health Month in May focuses on the spring's symbolism of renewal and growth.



Objectives of Mental Health Month:

1. **Raise Awareness:** Mental Health Month serves as a platform to educate the public about various mental health conditions, their prevalence, and their impact on individuals and society.
2. **Combat Stigma:** One of the primary goals of Mental Health Month is to challenge the stigma and discrimination surrounding mental illness. By fostering open conversations and sharing personal stories, the campaign aims to break down stereotypes and misconceptions.
3. **Promote Mental Wellness:** Mental Health Month encourages individuals to prioritize their mental well-being through self-care practices, stress management techniques, and seeking professional help when needed.
4. **Advocate for Policy Change:** The month provides an opportunity for advocacy efforts aimed at improving mental health policies, increasing funding for mental health services, and expanding access to treatment and support resources.
5. **Support Communities:** Mental Health Month fosters a sense of solidarity and support among individuals affected by mental health challenges. Community events, workshops, and online forums offer platforms for connection and mutual assistance.

May is the month that serves as a vital platform for raising awareness, combating stigma, and advocating for improved mental health services. By fostering open dialogue, promoting self-care practices, and supporting individuals affected by mental health challenges we can reduce stigma and open avenues for people to get help. As we begin dialogue about mental health, let us strive to uphold the values of empathy, understanding, and support, not just during the month of May but every day of the year.

#### **It Takes Time To Get Better.**

Many of the things we experience are situational, which will improve with time as we are able to process feelings (for example, grief after the death of a loved one or a tough break-up). Other times we must adjust to a different environment when we change jobs or move to a new location. Other times we

experience a more long-term mental health issue like stress or depression. Mental health issues are common and treatable; however, you may have to try a few different things to find right type of treatment or combination of strategies that works best for you.

### If Someone Talks To You About Their Mental Health



- **Listen.** Let them finish their sentences and complete thoughts without interrupting. After they have finished you can respond.
- **Avoid being judgmental.** Don't tell them they are being weird or crazy; it's not helpful at all.
- **Take them seriously.** Try not to respond with statements that minimize

how they are feeling or what they are going through, such as, "You're just having a bad week," or "I'm sure it's nothing."

- **Make yourself available to talk again if needed.** While it can be a big relief for someone to share something they have been keeping secret, mental health struggles usually aren't solved with one conversation. Let the person who has spoken with you know that they can reach out to you again if they are having a tough time. It's ok to let them know if there is a time of day or certain days of the week that you aren't available. For instance, "I'm here for you if you need to talk, but my parents don't let me use the phone after 9 on school nights, so call before then."



#### Mental Health

##### Definition

-A state of emotional and psychological well-being in which an individual can use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life.

-A person's overall emotional and psychological condition.

-A field comprising various professions, such as psychiatry and social work, that deals with the promotion of mental and psychological well-being and the prevention, diagnosis, or treatment of mental disorders.

# Insights By Dave

Divorce can have significant effects on families, impacting various aspects of their lives including emotional, financial, and social dynamics. Here are some common effects:

1. **Emotional Impact:** Divorce can be emotionally challenging for all family members. Adults may experience feelings of sadness, grief, anger, guilt, and anxiety. Children often go through similar emotions, along with confusion and insecurity about the future.
2. **Changes in Family Structure:** Divorce alters the family structure, leading to changes in living arrangements and routines. Children may need to adjust to living in two separate households and dividing their time between parents.
3. **Parent-Child Relationships:** The relationship between parents and children may undergo strain during and after divorce. Children may feel torn between parents or experience loyalty conflicts. Maintaining positive parent-child relationships requires effort and communication from both parties.
4. **Financial Strain:** Divorce often leads to financial adjustments for both spouses. Legal fees, dividing assets, and maintaining two households can strain finances. This financial stress can impact the well-being of all family members.
5. **Co-Parenting Challenges:** Co-parenting after divorce can be challenging. Parents must navigate communication, decision-making, and scheduling while prioritizing the best interests of their children. Conflict between parents can negatively affect children's adjustment to the divorce.
6. **Social Impact:** Divorce may affect the social networks of family members. Friends and extended family may take sides, leading to strained relationships. Children may experience changes in their social circles or feel isolated due to the stigma associated with divorce.
7. **Academic and Behavioral Issues:** Children of divorced parents may experience academic difficulties and behavioral problems. Stress and emotional turmoil can impact their concentration, motivation, and overall well-being, potentially affecting their performance at school.
8. **Long-Term Effects:** While some families adjust well to divorce, others may experience long-term effects. Research suggests that children of divorce may be at a higher risk for mental health issues, relationship difficulties, and divorce in their own adult lives.

It's important to note that not all families experience the same effects, and many factors, including the level of conflict during the divorce process, the quality of co-parenting, and the support network available, can influence how families navigate divorce and its aftermath. Accessing support from therapists, support groups, and other resources can help families cope with the challenges of divorce and work towards healing and adjustment.

If you need to speak to someone or you need resources for counseling, please contact our team at 817-591-4591.

# Benefits and You.

## Things we should Know

QPSA Just send it in again.

No Gummies of any Kind

FSA is a use or Lose, Portion of money rolls over per IRS rules.

HSA, HRA, RHRA will roll over indefinitely.

Two LTD will Not pay this is called an offset.

TWU/IAM LTD is Company LTD

Fidelity Holds Pension

Union Benefits Planners hold union voluntary benefits.

Piedmont is a bank.

Bancorp and Empire is on the bottom of your check and is associated with UBP and NGP

If you have short term in your after-Tax deductions this is a National Group Protection product

Federal FMLA is done in jetnet first.

Do not refuse or alter a random Drug test.

Take a copy of your paycheck every year for your protection.



**More to come.**

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