



PEER SUPPORT BASICS

Reaching out can make all the difference

November Newsletter



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

Local 591 National Peer Support

Credit IAM EAP, LAP

November 2024

R U OK?

A conversation could change a life.

(Excerpts from the Australian National Suicide Prevention site: RUOK.org.au)

We can all make a difference in the lives of those who might be struggling by having regular, meaningful conversations about life 's ups and downs. If you feel like something's not quite the same with someone you know – there's something going on in their life or you notice a change in what they're doing or saying - trust that gut instinct and take the time to ask them "Are you OK?"

By acting as 'eyes and ears' and reaching out to anyone who's going through a tough time we can show them they're supported and encourage them to access help sooner.

If you have noticed these signs, trust your gut and ask R U OK?

**WHAT
ARE
THEY**  **SAYING?**

Do they seem:

- Confused or irrational
- Moody
- Unable to switch off
- Concerned about the future
- Concerned they're a burden
- Lonely or lacking self-esteem
- Concerned they're trapped or in pain

**WHAT
ARE
THEY**  **DOING?**

Are they:

- Experiencing mood swings
- Becoming withdrawn
- Changing their online behaviors
- Losing interest in what they used to love
- Unable to concentrate
- Less interested in their appearance and personal hygiene
- Behaving recklessly
- Changing their sleep patterns

WHAT'S GOING ON IN THEIR **LIFE?**

Are they experiencing:

- Relationship issues
- Major health issues
- Work pressure or constant stress
- Financial difficulty
- Loss of someone or something they care about

RUOK?™

A conversation could change a life.

MISSION:

CREATING A WORLD WHERE WE'RE ALL CONNECTED AND PROTECTED FROM SUICIDE

RUOK? is an Australian national suicide prevention charity and registered public health promotion that encourages people to stay connected and have conversations that can help others through difficult times.

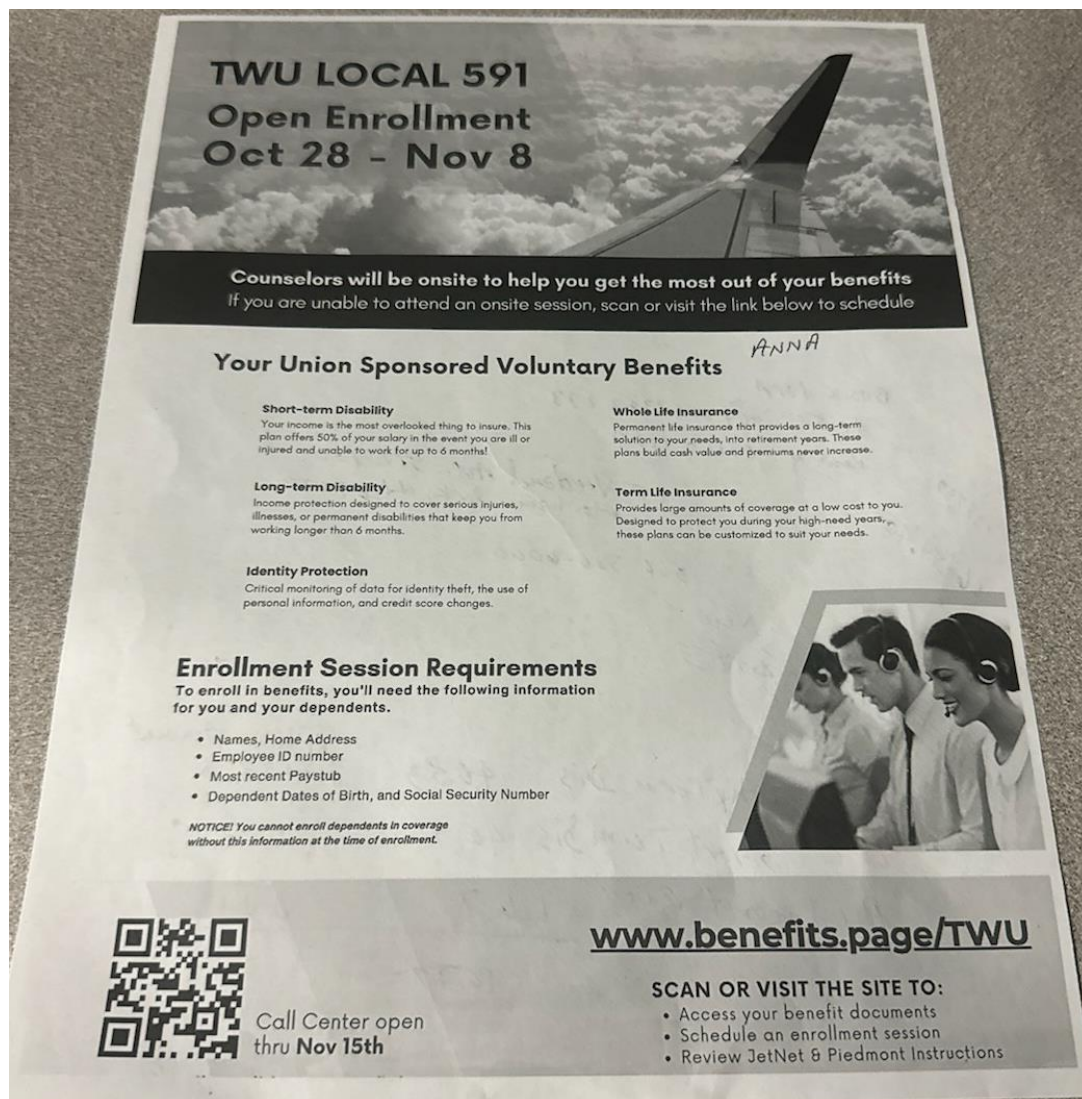
Our work focuses on building the motivation, confidence and skills of the help-giver – the person who can have a meaningful conversation with someone who is struggling with life.

For more information:
RUOK.org.au

Your local Peer Representative is a good resource for help and information. Please refer to the below for their contact information.



Benefits and you:



TWU LOCAL 591
Open Enrollment
Oct 28 - Nov 8

Counselors will be onsite to help you get the most out of your benefits
If you are unable to attend an onsite session, scan or visit the link below to schedule

Your Union Sponsored Voluntary Benefits *ANNA*

Short-term Disability
Your income is the most overlooked thing to insure. This plan offers 50% of your salary in the event you are ill or injured and unable to work for up to 6 months!

Long-term Disability
Income protection designed to cover serious injuries, illnesses, or permanent disabilities that keep you from working longer than 6 months.

Identity Protection
Critical monitoring of data for identity theft, the use of personal information, and credit score changes.


Whole Life Insurance
Permanent life insurance that provides a long-term solution to your needs, into retirement years. These plans build cash value and premiums never increase.

Term Life Insurance
Provides large amounts of coverage at a low cost to you. Designed to protect you during your high-need years, these plans can be customized to suit your needs.

Enrollment Session Requirements
To enroll in benefits, you'll need the following information for you and your dependents.

- Names, Home Address
- Employee ID number
- Most recent Paystub
- Dependent Dates of Birth, and Social Security Number

NOTICE! You cannot enroll dependents in coverage without this information at the time of enrollment.



www.benefits.page/TWU

SCAN OR VISIT THE SITE TO:

- Access your benefit documents
- Schedule an enrollment session
- Review JetNet & Piedmont Instructions

Call Center open thru Nov 15th

Attention:

Please Note UBP enrollment will continue thru November 15th then there will be a blackout period until January 1st and will reopen. If you want these benefits please do so Before November 15 2024

We are getting e mails to update our salaries, please do this the first week of January. This need to be done to adjust our premiums and get the proper benefit payout if exercising the benefit..

More to come.



591 CONTACT INFO:

Ken Morse 815 483-8585. Local 591 National EAP/Benefit Director

Tony Lepore 940 536-8817. Local 591 National Benefit/EAP Director

Northeast Regio

Tony Lepore - (940) 536-8817 - t.lepore@local591.com National Benefit/EAP Director

Danny Wilson - (631) 334-0933 d.wilson@local591.com Northeast Regional EAP and Benefits Coordinator

Southeast Region

Rawle Skeete (954) 559-7505 r.skeete@local591.com Southeast Regional EAP and Benefits Coordinator

Phil Revollo (954) 665-7383 MIA EAP and Benefit Member Assistance Peer

Central Region

Ken Morse (815) 483-8585 k.morse@local591.com National EAP and Benefits Director

Mark Smejkal (847)757-1954 markj.8001@gmail.com ORD EAP and Benefits Member Assistance Peer

Southwest Region

David Emerline (469) 408-8197 EEMERLINEE07@YAHOO.COM DFW (MLS) EAP and Benefits Member Assistance Peer

Shawn Kelly (952) 454-2879 smkelly591@gmail.com DFW EAP and Benefits Member Assistance Peer

Jake Harrell (817) 709-0046 jakeharrell591@gmail.com DFW EAP and Benefits Member Assistance Peer

West Region

Sean Bruno (310) 594-2025 s.bruno@local591.com West Regional EAP and Benefits Coordinato

Edwin Joseph (310) 709-4755 jord352000@yahoo.com LAX EAP and Benefits Member Assistance Peer