

LE LIEN DIRECT

Pour plus d'informations, contactez :



DIRECT LINK

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Mental Health is a Priority – USW Benefits

Hello,

As the pandemic carries on, it is taking a tremendous toll on individuals' overall well-being. As your union, we wanted to check in to let you know that there are benefits negotiated in your collective agreement that you can use.

Mental health experts are raising the alarm on what could be called a fourth wave of the pandemic – a spike in mental health crises directly related to the stress of the pandemic. When the lockdown first happened last March, none of us could have imagined the drastic life changes that would follow. Combine these with the stresses that you feel on the job as essential workers, particularly for those members who have had the added concern of COVID exposures.

Whether it's the sadness and grief caused by seeing family members or close friends lose their jobs or become ill, the fear of getting sick oneself or not being able to see loved ones for many months on end – Canpar bargaining unit members are feeling these stressors. The recent instability at work of the last six months and the ongoing volume of emails is also causing undue strain on Canpar members.

There are a number of benefits that have been negotiated by your union that could be helpful at this time.

Employee Assistance Program: You can find information at www.workhealthlife.com or by calling 1-800-387-4765.

Registered Social Worker, Psychologist, Psychotherapist could be available through the EAP.

You could also have access to Short Term Disability. You can get further information on benefits at www.canadalife.com/insurance/workplace-benefits/groupnet-for-plan-members.html or by calling 1-800-957-9777.

If you are eligible for Short-Term Disability, you could transition to Medium-Term Disability and then Long-Term Disability.

If your illness is work-related, contact your local Union Representative to find out about applying for workers' compensation.

If you are experiencing a mental health concern, or are feeling worsening depression or anxiety, it is a good idea to start with your family doctor. They may be able to help direct you to services in your area.

If you are in crisis or know someone who is, please call 1-833-456-4566 toll free (In QC: 1-866-277-3553)

Local union elections are also coming up in April. Because of the COVID-19 pandemic, voting will be conducted by mail-in ballot. Please be sure to participate by casting a ballot.

Thank you for your hard work every day and your support for the union.

In solidarity

A handwritten signature in black ink, appearing to read 'Steven Hadden', written in a cursive style.

Steven Hadden
President, TC Local 1976 USW
