



HELPING HANDS



Women and Mental Health

(excerpts from womenshealth.gov)

Mental disorders can affect women and men differently. Some disorders are more common in women such as depression and anxiety. There are also certain types of depression that are unique to women. Some women may experience symptoms of mental disorders such as perinatal depression, premenstrual dysphoric disorder, and perimenopause-related depression. When it comes to other mental disorders such as schizophrenia and bipolar disorder, research has not found differences in rates that men and women experiences these illnesses. But, women may experience these illnesses differently – certain symptoms may be more common in women than in men, and the course of the illness can be affected by the gender of the individual. Researchers are only now beginning to tease apart the various biological and psychosocial factors that may impact the mental health of both women and men.

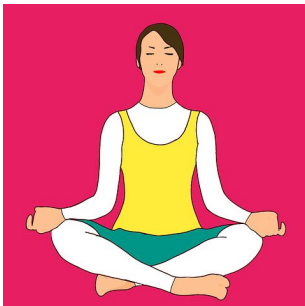
Warning Signs

Mental health disorders and conditions can develop at any age. There are usually identifying symptoms. Some symptoms include:

- Persistent sadness or feelings of hopelessness
- Abuse of alcohol and/or drugs
- Dramatic changes in eating or sleeping habits
- Appetite and/or weight changes
- Decreased energy or fatigue
- Excessive fear or worry
- Seeing or hearing things that are not there
- Extremely high and low moods
- Aches, headaches, or digestive problems without a clear cause
- Irritability
- Social withdrawal
- Thoughts of suicide



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Mental health disorders can be treated: If you are unsure where to go for help, ask your family doctor or visit NIMH's Help for Mental Illness webpage, (<https://www.nimh.nih.gov/health/find-help/index.shtml>). Asking questions and providing information to your doctor and other providers can improve your care. Talking with your doctor builds trust and leads to better results, quality, safety, and satisfaction. Visit the Agency for Healthcare Research and Quality website for tips at www.ahrq.gov/patients-consumers/.

If you or someone you know is in a crisis, get help immediately. You can call 911 or the National Suicide Prevention Line at 1.800.273 TALK (8255).

Your Employee Assistance Program representative listed on page 2 is available to talk and to help you find the most appropriate resource for your situation.

Abuse, trauma, and mental health

(excerpts from womenshealth.gov)

Abuse, whether physical, emotional, verbal, or sexual, can have long-term effects on your mental health. Trauma can affect how you feel about yourself and how you relate to others. Women who have gone through abuse or other trauma have a higher risk of developing a mental health condition, such as depression, anxiety, or post-traumatic stress disorder (PTSD). Trauma and abuse are never your fault. You can get help to heal the physical, mental, and emotional scars of trauma and abuse. Abuse may have happened during childhood or as an adult. It can be emotional, verbal, physical, or sexual. Trauma can include dangerous, frightening, or extremely stressful situations or events, such as sexual assault, war, an accident or natural disaster, the sudden or violent death of a close loved one, or a serious physical health problem.

Trauma can happen after you experience an event or events that hurt you physically or emotionally. Trauma can have lasting effects on your mental, physical, and emotional health. Experiencing abuse or other trauma puts people at risk of developing mental health conditions, such as: anxiety disorders, depression, post-traumatic stress disorder, misusing alcohol or drugs. The long-term effects of abuse or trauma can include: severe anxiety, stress or fear, abuse of alcohol or drugs, depression, eating disorders, self-injury, suicide.

Your IAM EAP Airline Coordinator or Regional Representative can guide you to an appropriate resource for addressing any trauma related health issues you may be experiencing



IAM

Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP peer coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP peer coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.

IAM EAP Airline Chairmen

- United Airlines: Kathy Ferguson 703-505-4321, E-Mail: kf.borabora@cox.net
- American Airlines: Chris Davis 704-572-4859, E-Mail: chrisx1959@yahoo.com
- Hawaiian Airlines: Meki Pei, 808-208-5950, E-Mail: mekipei@gmail.com

William Winpisinger

Education and Training Center

EAP Courses

EAP I

July 28-August 2 (double Class)

EAP II

April 7-13

EAP III

June 16-21

EAP IV

October 27-31

Please contact your Local Lodge Secretary/Treasurer or Local Lodge President for information about enrolling in any EAP course