



## Elizabeth Education Association Fall 2014

**Dear Association Member:**

As another school year begins all over America, the staff at HealthCare Assistance with Member Support (HCAMS) understands that our members in New Jersey schools are facing more difficult issues this year than ever before. Contract changes, evaluations, higher health insurance contributions, increased workloads, and other outside forces may be affecting the way that you approach your job and the world beyond your work environment.

If stress and anxiety are affecting your already complex daily routines, there is help available to our members. HCAMS offers a confidential no cost, Employee Assistance Program (EAP) to all our members and their families 24 hours a day, 7 days a week.

It's important to recognize the signs and symptoms of stress, which, left untreated, can have a negative impact on an individual's health and job performance. Stress affects every aspect of your life – work, home, and family.

The HCAMS staff has over 90 years of combined experience working with education associations including support staff, and is ready to assist with issues such as:

- Stress and Anxiety Related Conditions
- Job Protective Employee Assistance
- Drug and Alcohol Dependencies
- Depression, Anger, or Low Energy
- Grief and Loss Counseling
- DUI Advocacy
- Hostile Work Environment/Bullying

Job protection is their number one goal particularly in these difficult times. Don't let "stressors" affect your job security. Call 1-888-828-7826 for more information.

Sincerely,  
Rose Carreto, *President*

**HCAMS**  
In  
Cooperation  
With Your  
Union

[www.unionsupport.org](http://www.unionsupport.org)

