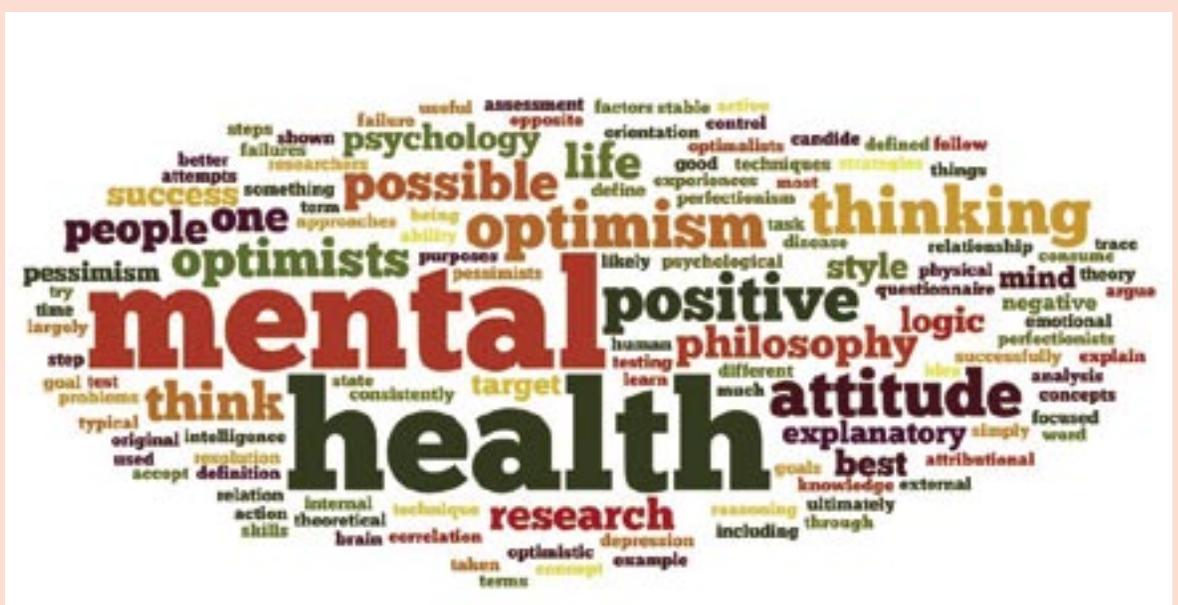


THE Accent

Prince Edward Island Union of Public Sector Employees

Mental Health Week May 6-12, 2019

Mental health is a state of well-being, and we all have it. We might have a mental illness, and we might not. Either way, we can all feel well. We can all have good mental health. It is about having a sense



of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life. And it's never too early or too late to get there. But it's not just about what you do for yourself, by yourself—everyone needs healthy and supportive places to work, live and learn (CMHA).

Monday, May 6 #GetLoud4MH

Monday is the official start to the Canadian Mental Health Association's National Mental Health Week. The theme this year is, **Get Loud About What Mental Health Really Is**. One in five Canadians live with mental health problems, mental illnesses or addiction, but the reality is five in five of us have mental health just like we all have physical health. Everyone deserves to feel well whatever their mental health experience (CMHA). For a full list of suggested mental health activities for the week please visit the CMHA website at www.pei.cmha.ca

To kick off Mental Health Week UPSE asks all members to wear green and #GetLoud4MH.

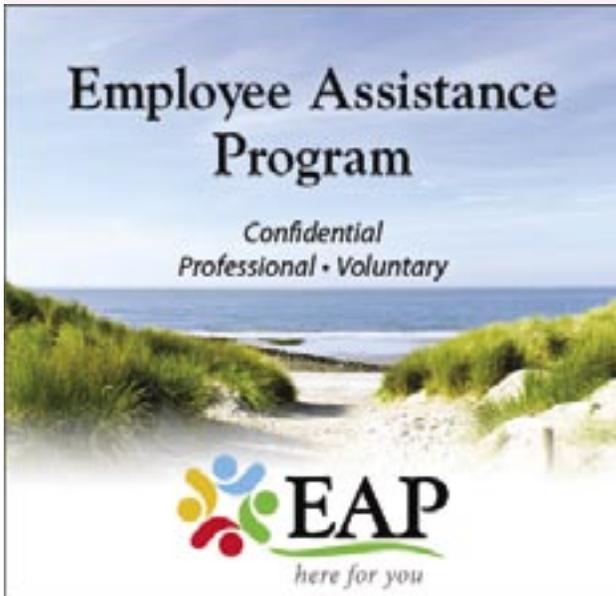
The Accent is an internal publication of the Prince Edward Island Union of Public Sector Employees. Comments, questions, concerns and suggestions should be sent to: Mark Barrett, PEI UPSE Communications and Campaigns Officer, at mbarrett@peiupse.ca.

Note to members distributing The Accent:

Because the material contained in this publication is often of a time-sensitive nature, please post or distribute it as soon as possible.

Employee Assistance Program

Confidential, Professional, Voluntary



The **Employee Assistance Program** (EAP) is designed to help employees experiencing personal problems, which may affect job performance. EAP helps employees solve problems as early as possible before they seriously affect self, family, and work performance.

EAP offers assistance in the following areas:

- Emotional Health and Wellness
- Relationship Difficulties
- Bereavement, Grief and Loss
- Anxiety, Stress and Depression

- Work Related Stress
- Family/Parenting/Eldercare Issues
- Alcohol and Substance Abuse
- Work/Life Balance
- Legal and Financial Stress
- Life Transitions

Is there a fee to apply for EAP?

There is no cost to you or your immediate family members.

Contact Information:

Employee Assistance Program

40B Burns Avenue

Charlottetown PE C1E 1H7

Telephone: (902)368-5738

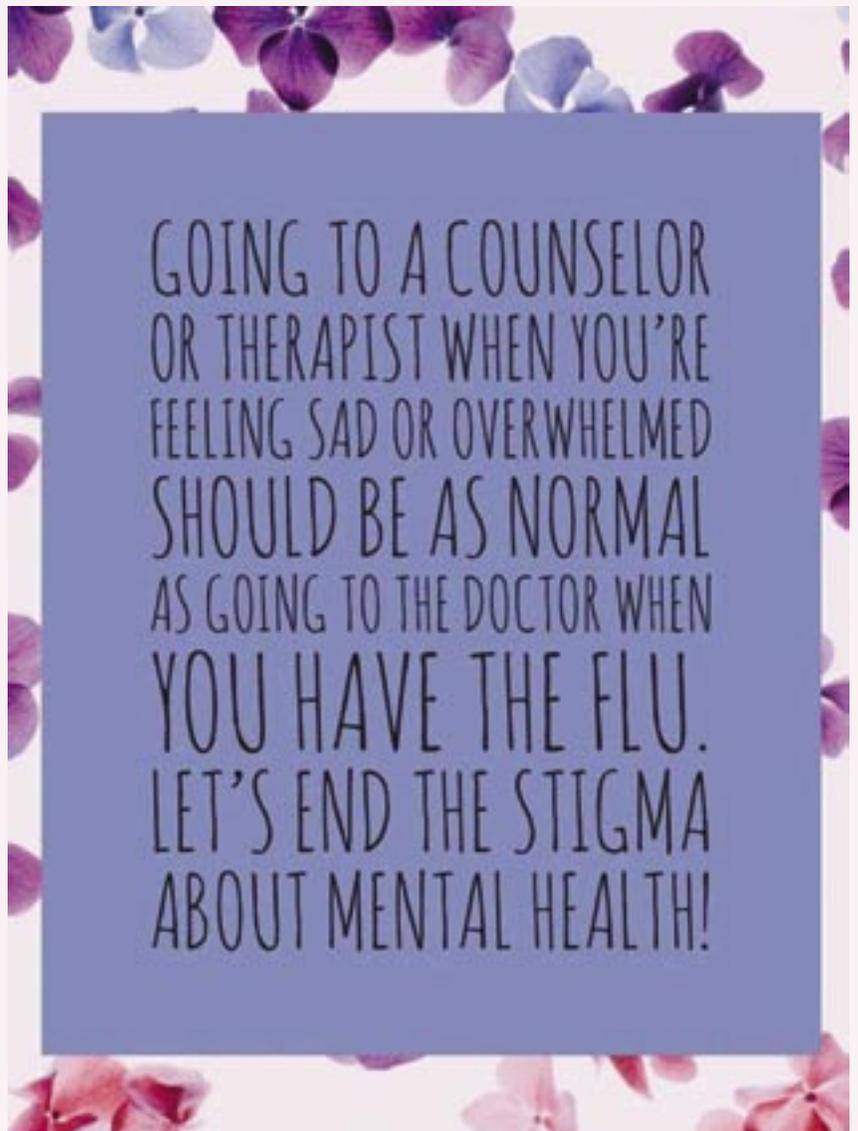
Toll Free: 1-800-239-3826

Fax: (902)368-5737

E-mail: eap@gov.pe.ca

Locations:

- Main offices - *Charlottetown and Summerside*
- Satellite offices - *Montague and O'Leary*



Note: Please confirm with your employer if they participate in an EAP program.

PEI UPSE is proud to represent over 5000 members in the public and private sectors.