

THE Accent

Prince Edward Island Union of Public Sector Employees

Mental Health Week May 3-9, 2021

#MentalHealthWeek

Even in times of extreme anxiety and stress, mental health is something we can protect, not just something we can lose.

This CMHA Mental Health Week, we focus on how naming, expressing, and dealing with our emotions — the ones we like and the ones we don't — is important for our mental health.



Heavy feelings lighten when you put them into words. When we voice our emotions, the pain gives way. So, let's understand and name how we feel. Angry? Glad? Frustrated? Sad? It's all good. This Mental Health Week, don't be uncomfortably numb. **#GetReal** about how you feel. And name it, don't numb it. (CMHA).

Good mental health isn't about being happy all the time. In fact, a mentally healthy life includes the full range of human emotions—even the uncomfortable ones like sadness, fear and anger.

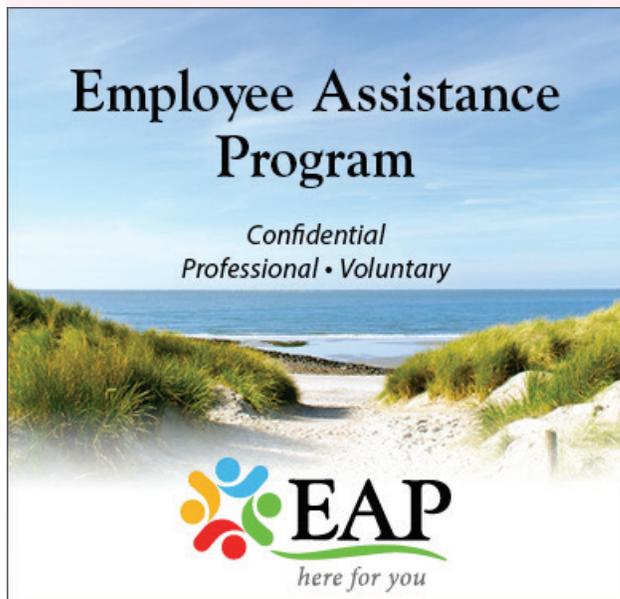
- *Feeling sad, angry and anxious at times is part of being human.*
- *Even if we try to push our difficult feelings down, they don't go away.*
- *Focusing on intense emotions doesn't make them worse. In fact, one of the best ways to quiet our emotions is to give them a voice.*
- *Bottling up our emotions can make them grow or come out in other ways—not reacting to something negative that happens at work could end up making you more likely to yell at your children later, for example.*
- *If your emotions are overwhelming, persistent and/or are interfering with your daily functioning, it's important to seek mental health support (CMHA Mental Health Week – General Key Messages).*

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. The EAP program is available to:

- *All probationary and permanent employees;*
- *Casual and contract employees, as well as all other employees with six months continuous service and their immediate family members who live with them are also eligible, depending on their age;*
- *Retirees within all provincial government departments, agencies and commissions, and the regional education and health boards.*

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*

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

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