

# It's OK to *not* feel OK

The UFT's Member Assistance Program Careline can help you in moments of distress. If you are struggling with anxiety, anger or other intense emotions, you can call your union's careline to get immediate and confidential support from a licensed clinician.

MAP Careline  
**212-331-6322**

Monday-Friday, 8 a.m. to 6 p.m.



United Federation of Teachers  
*A Union of Professionals*



Member Assistance Program