

# The UFT Member Assistance Program



This school year poses challenges and concerns for everyone. MAP is supporting union members by offering individual consultations, virtual support groups, wellness workshops and online resources. Scan the QR code to link to our website for more information and to register for events.



**New this school year:** MAP Careline. It's OK to not be OK. Call the MAP careline to immediately and confidentially speak with a licensed clinician who can provide support, resources and referrals. Call 212-331-6322, Monday through Friday, from 8 a.m. to 6 p.m.

## What other kinds of services can you receive?

- 1. Individual phone assessments and consultations.** Call or email MAP with your request and a licensed clinician will get back to you within 48 hours.
- 2. Virtual Support Groups.** During this time, staying connected is crucial to your well-being. All support groups are free, confidential, and offered via a HIPAA-compliant Zoom videoconference.
- 3. Wellness Workshops**
  - a. Let's Talk About It:** Learn coping and healing skills for your professional and personal life. Led by an expert on the topic, you will share experiences with your fellow educators and leave with tools, ideas and a new outlook to take you into the school year.
  - b. New! Shattering the Stigma:** Substance use affects more than 21 million Americans. Join with other members in a safe space to learn from leading professionals and share strategies and resources for support. Together, we can shatter the stigma that harms individuals and families.



**c. Trauma and Stress Education:** A six-week informative practice: MAP has partnered with mental health professionals at the Center for Trauma and Stress Education to bring UFT members this group session on managing grief, stress and trauma recovery, and dealing with chronic uncertainty.

- 4. Classroom Café Podcast:** The Classroom Café podcast is all about brewing the conversation with educators, and is meant to inspire, nourish and motivate you. These podcasts can be found on the UFT website and on iTunes, Spotify, GooglePlay and SoundCloud.
- 5. Online Resources:** Visit the UFT website for online podcasts, meditations, books and webinars that can help you through these times.
- 6. Referrals for you and your family members** to appropriate outside services including, but not limited to:
  - Mental health
  - Substance use treatment centers and resources
  - Legal and financial services
  - Trauma, bereavement and loss



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