



The UFT Member Assistance Program Your Union, Your Well-being

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.

MAP CAREline: Created in 2021, the MAP CAREline gives UFT members immediate and confidential access to speak with a licensed clinician for mental health support, resources and referrals. Call 212-331-6322, Monday through Friday, from 8 a.m. to 6 p.m.

Individual Phone Assessments and Consultations: Call or email MAP with your request and a licensed clinician will get back to you within 48 hours.

Virtual Support Groups: Finding support, feeling validated and connecting with others is crucial to your well-being. All support groups are free, confidential and offered via a HIPAA-compliant Zoom platform.

Wellness Workshops

- ▶ **MAP Well-being Series:** Interact with other members while learning coping and healing skills from experts in the field. You'll leave each virtual session with tools, ideas and a new outlook on the things that most affect your sense of well-being.
- ▶ **Shattering the Stigma:** The UFT Member Assistance Program has partnered with the National Alliance on Mental Illness (NAMI-NYC) to bring a unique virtual presentation, "In Our Own Voice," to our members. Hear from trained volunteers who are living with serious mental health conditions as they share their experiences of mental illness, recovery, and the resources that have supported them.
- ▶ **Managing Stress and Trauma Recovery Education:** A six-week informative practice to teach members skills to help them effectively manage stress; ease anxiety; grieve purposefully; and relieve emotions tied to past trauma so they feel less overwhelmed.

Classroom Café Podcast: We know you are busy and on the go in your career. But we all experience challenges in our personal and professional lives and can benefit from the support of a helping hand from time to time. For UFT members, these stressors can create a perfect storm. New episodes are released on the last Monday of each month. Check out our podcasts on iTunes, Spotify, Google Play and SoundCloud.

Self-care Resources: Visit the MAP website to access a collection of resources, including meditations, books, apps and webinars, that are available whenever you need them.

Referrals for you and your family members to appropriate outside services including, but not limited to:

- ▶ Mental Health
- ▶ Substance use and addiction resources and referrals
- ▶ Legal and financial services
- ▶ Trauma, bereavement and loss



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2022-0831-2838