



BULLETIN

TRANSPORTATION DISTRICT 140
DISTRICT DES TRANSPORTS 140

International Association of Machinists and Aerospace Workers
Association internationale des machinistes et des travailleurs et travailleuses de l'aérospatiale

TO ALL IAMAW MEMBERS **DISTRICT 140 EFAP** **ONLINE ZOOM WORKSHOPS IN FRENCH (UPDATE)**

Dear Brothers and Sisters,

The first Zoom workshop in French, was scheduled for May 11, 2020. Unfortunately, we had no members in attendance. Due to lack of interest, I have cancelled the workshops scheduled for Friday, May 15 and Monday, May 18, 2020.

After a discussion with Jean-Marc Assaad of PsyMontreal, he has extended access to online blogs and other resources for our members to use. These links provide information that you can access at your leisure.

The links to these resources are below:

PsyVitaliti and PsyMontreal offer free and anonymous online self-tests to help assess your wellbeing.

PsyVitaliti for Ontario, British Columbia, Alberta & the rest of Canada

- Anxiety self-test (<https://psyvitaliti.ca/anxiety-quiz/>)
- Depression self-test (<https://psyvitaliti.ca/depression-quiz/>)

PsyMontreal for Quebec:

- Anxiety self-test (<https://psymontreal.com/anxiety-quiz/?lang=en>)
- Depression self-test (<https://psymontreal.com/depression-quiz/?lang=en>)

PsyVitaliti and PsyMontreal created a series of articles entitled "Weathering the Storm" providing curated tips and strategies to help weather the COVID-19 storm.

PsyVitaliti for Ontario, British Columbia, Alberta & the rest of Canada:

Visit the blog here. (<https://psyvitaliti.ca/weathering-the-storm-covid-19/>)

PsyMontreal for Quebec:

Visit the blog here. (<https://psymontreal.com/category/weathering-the-storm-covid-19/?lang=en>)

If you or the members of your family are experiencing difficulty coping with the current situation, the EFAP is still available for assistance by contacting myself or your Regional Coordinator.

In solidarity,

Derrick Bashford
Employee Assistance Program
National EFAP Coordinator
Central Region

DB\mdr

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Toronto – Tel/Tél. : 905-671-3192 (Toll free/Sans frais : 1-877-426-2948) Fax/Téloc.: 905-671-2114 (Toll free/Sans frais : 1-866-298-0369)
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