



September 23, 2019

MENTAL HEALTH BENEFIT COVERAGE

Mental Health is a serious issue in society and it is no different at the Post Office.

More than 30% of our members who are off on Long Term Disability are off due to mental health issues. When we receive statistics for the Employee Assistance Plan (EAP), we see that for every quarter there is at least one member who is calling because they are at a risk of inflicting self-harm.

Increase in Counseling for Psychologist or Master of Social Work

We have agreed with Canada Post to increase the benefit level for psychological counseling from \$1,000 to \$2,000 effective Monday, September 23, 2019. This is an important improvement for our members who are suffering from mental health.

What Can You Do?

If you see a member who you think is having some mental health issues, approach them and see if they want to talk. If you see members getting teased, speak up. Make sure all members know how to contact a Social Steward as it is not always obvious to a member who is having mental health issues.

"An injury to one is an injury to all" – this is not just a saying. We need to look out for each other.

In solidarity,

Carl Girouard
National Grievance Officer

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