

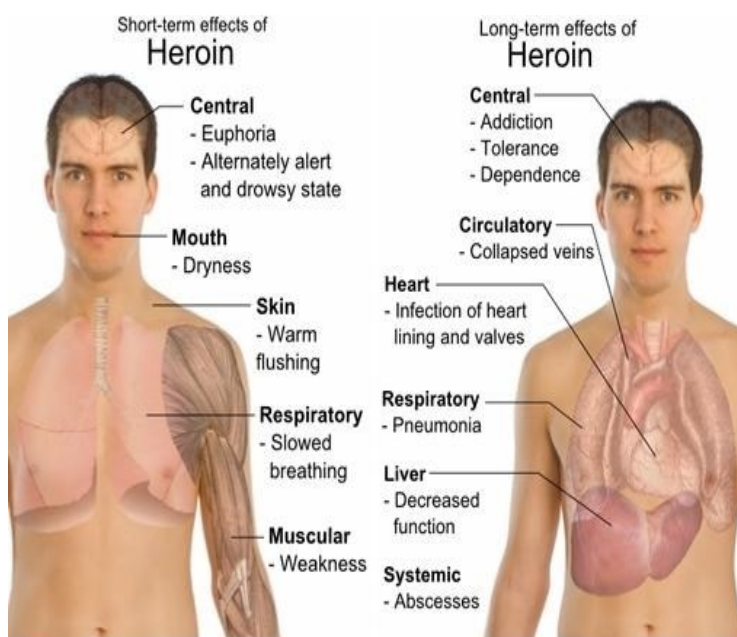
HCAMS

1-888-828-7826

www.unionsupport.org

August Newsletter

Hearing about one too many heroin-related deaths occurring as of late? Heroin has become one of the most accessible and affordable drug choices for many individuals. "Between 2002 and 2013, the rate of heroin related overdose deaths nearly quadrupled, and more than 8,200 people died in 2013." -*The CDC*



Who is most at risk of heroin addiction?

- Males
- 18 to 25 year olds
- Non-Hispanic whites
- People who are addicted to prescription opioid painkillers
- People who are addicted to cocaine
- People without insurance or enrolled in Medicaid
- People who are addicted to marijuana and alcohol
- People living in a large metropolitan area

As summer begins to **wind down** and the stress of fall **winds up**, keep in mind that there are emotionally and physically healthy ways to extend your summer all year! AT HCAMS, our confidential 24/7 Job Protective Services are here to help you **unwind**, not **unravel**.





Assess Your Stress:

4= Always, 3= Frequently, 2= Sometimes, 1= Rarely



1. Do you try to do as much as possible in the least amount of time? _____
2. Do you become impatient with delays or interruptions? _____
3. Are you unlikely to ask for assistance with a problem? _____
4. Are you overly critical of the way others do their work? _____
5. Do you spread yourself too thin? _____
6. Do you get angry/irritable frequently? _____
7. Do you have little time for hobbies? _____
8. Do you experience bouts of crying? _____
9. Are you having difficulty sleeping? _____
10. Do you find yourself over or under eating? _____
11. Are you anxious about deadlines at work? _____
12. Do you feel your daily life is unmanageable? _____

Your Score

* If your score exceeds 36, you are in danger of serious health concerns
 * If your score is between 20-35 your stress level is high.

The staff at HCAMS is ready to assist you or any family member who may be struggling with high levels of stress.

At HCAMS, confidential job protective services are readily available 24/7 to help those who may be struggling with addictions or behavioral health issues. Call **1-888-828-7826** today to speak with a CEAP at no cost.

On the horizon for HCAMS...

- 9/3: Trenton School Nurse Association
- 9/8: ATU Local 504
- 9/9: ATU Local 880
- 9/11-13: CWA Florida State
- 9/16: CWA 1042
- 9/24: ATU Local 824
- 9/25: ATU Local 1614

Schedule one of our no-cost trainings!

1. Workplace Bullying and the Duty to Represent
2. Stress in the Workplace and the Duty to Represent
3. The Duty to Represent a Member in a Behavioral Health Crisis
4. Downsizing and Layoffs: How to Prepare
5. HCAMS: Overview of Services

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Facebook: Healthcare Assistances