



# 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**

### **NATIONAL EMPLOYEE ASSISTANCE PROGRAM**

Dear Brothers and Sisters:

On December 5, 2018, your National and Regional EAP Coordinators kicked off a new mental health initiative. **“Not Myself Today”** is a program developed by the Canadian Mental Health Association (CMHA). Your EAP has purchased the rights to use this online program for the next year.

**“Not Myself Today”** is designed to promote mental health, reduce stigma and foster healthier workplaces for our members. All of your EAP Coordinators and Peer Referral Agents will have business-style cards that have the website information.

It is our hope, that your EAP with the help of CMHA and **“Not Myself Today”** can help make your workday and home life healthier. Please contact your EAP for the information on this very exciting initiative.

In solidarity,

Derrick Bashford  
National EAP Coordinator

DB/mb

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