



Council 43 EAP News

EAP Week in HNL

Last week was a very full week for our Honolulu Employee Assistance Program (EAP) team! AFA International EAP Director Heather Healy was here to train two new team members and work with our EAP peer representatives and LEC 43 Team Leaders and Officers. Training topics included: Mental Health First Aid, Critical Incident Response & Expectations, DOT Drug Testing, Work-Life Balance and other EAP-associated items.

AFA EAP Representatives

We would like to remind all of our Flight Attendants that the AFA EAP is here for you as a confidential resource of peer support. Our goal in providing the following services is to enhance the health, safety and well-being of our In-Flight `ohana. We assess and identify how we can best assist with:

- Personal challenges for flight attendants and their families/partners
- Professional Standards through conflict resolution and
- Critical Incident Response to a traumatic event

The roster for our EAP Peer Support team for both Honolulu and Los Angeles can be found by clicking on the following link. It's a good idea to put this link as a contact in your phone just in case you need it for yourself or you recognize the need to share the link with a flying partner. hawaiianafa.org/eap.

Newsletter Highlights

EAP TRAINING

**LOUNGE SITS,
BRIEFINGS & EAP
BULLETIN BOARD**

988 LIFELINE

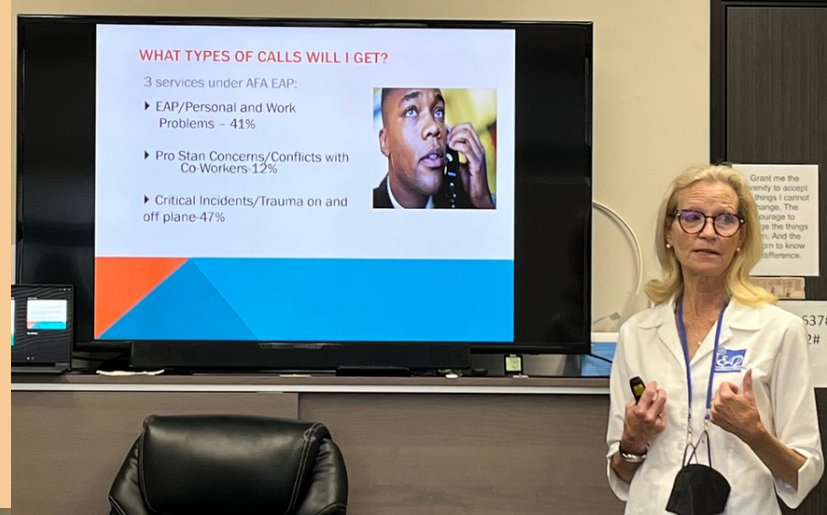
[211.ORG](https://www.988lifeline.org/); CALL 211

**EAP WEBSITE &
TEAM ROSTER**

[HAWAIIANafa.ORG/EAP](http://hawaiianafa.org/eap)

EAP Lounge Sits and Briefings

Many of you are familiar with our EAP lounge volunteer Uta Sio-McLin. Uta greets and meets with crews briefing on EAP topics that change every month or quarter depending on the topic. We also have a designated area near our AFA bulletin board with EAP information and resources. We encourage you to see our postings that revolve as needed.



Click [HERE](#)
for a video snapshot
of the
EAP Team Training
in action.

Pictured L to R: Betty Barcelona, Char Whitford, Rex Shinmon, Reillynn Yamane, Kaniale Kekaulike, Rocky Ching, Rise Tapati, AFA EAP Director Heather Healy, Kawehi Apo, Val Brashears, Uta Sio-McLin. Also in attendance: Jackie Ohai

988 launches July 16

988 has been designated as the new 3-digit dialing code that will route callers to the National Suicide Prevention Lifeline. This dialing code will be available to everyone across the United States starting July, 16. People can call, text or chat with 988 which connects you to a trained counselor that are part of the Lifeline network. The counselors will listen, provide support and connect users to resources. Studies have shown that callers feel less suicidal, less depressed, less overwhelmed and more hopeful after speaking with a Lifeline counselor. The existing Lifeline number, 1-800-273-8255, will remain available for those in distress even fter 988 is launched.

211

211 is the most comprehensive source of information about local resources and services in the country. It is another great tool for our flight attendants to get connected to the help they need. You can call 211 or go to the link 211.org to find essential services in your area. Here are just a few areas they can help with: Crisis & Emergency - COVID 19, Disaster Recovery; Health - Healthcare Expenses, Mental Health, Substance Abuse; Housing - Housing Expenses, Utilities Expenses; Food - Food Programs & Benefits Thousands of caring, local experts are available to help, 24/7. Calls to 211 are confidential and can be anonymous.