The UFT Member Assistance Program
Summer Offerings

The UFT Member Assistance Program is supporting union members this summer by offering individual consultations, virtual support groups and online resources.

What kind of services can you receive?

1. **Individual phone assessments and consultations.** Call or email MAP with your request and a licensed clinician will get back to you within 48 hours.

2. **Virtual Support Groups.** During this time, staying connected is crucial to your well-being. The following groups are being offered via a HIPPA-compliant Zoom videoconference:
   - **General support groups:** Join your colleagues to share and strategize ways of coping with this pandemic and the work and personal challenges you are experiencing. Groups offered at [www.uft.org/summer-support-groups](http://www.uft.org/summer-support-groups)
   - **Bereavement Group:** Grieving the loss of a loved one or colleague can be difficult and complicated. You don't have to go through it alone. Connect with other members who are also experiencing a loss, whether due to the COVID-19 or another cause. Groups offered at [www.uft.org/grief-support-group](http://www.uft.org/grief-support-group)

3. **Online Resources:** Visit the UFT website for online podcasts, meditations, books or webinars that can help you through these times, at [www.uft.org/coronavirus-self-care](http://www.uft.org/coronavirus-self-care)
   - **Classroom Café Podcast:** [www.uft.org/news/podcasts/classroom-cafe](http://www.uft.org/news/podcasts/classroom-cafe) The Classroom Café podcast is all about brewing the conversation with educators, and are meant to inspire you...nourish you...and motivate you. Check out two of our recent episodes titled “How are you managing your time and getting it all done?” and “Managing your fear and anxiety during the pandemic”. These podcasts can also be found on iTunes, Spotify, GooglePlay, and SoundCloud.

4. **Referrals for you and your family members** to appropriate outside services including, but not limited to:
   - Mental health: clinics, psychotherapists, psychiatrists
   - Substance use treatment centers
   - Legal and financial services
   - Trauma, bereavement and loss

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