The UFT Member Assistance Program

The UFT Member Assistance Program is helping union members cope with the COVID-19 pandemic with 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. Daily groups offered at [www.uft.org/covid-support-group](http://www.uft.org/covid-support-group)
   - **Support group for UFT Nurses:** Offering our nurses an opportunity to openly share their experiences and connect with a licensed clinician and other health care members. Daily groups offered at [www.uft.org/nurse-support-group](http://www.uft.org/nurse-support-group)
   - **Bereavement Group:** The UFT has lost many members to COVID-19 and MAP is providing support to those school communities. We also want to support members experiencing other types of losses during this time. Join others who are grieving in social isolation. Daily groups offered at [www.uft.org/grief-support-group](http://www.uft.org/grief-support-group)
   - **COVID-19 Bereavement Group:** Our school community has lost many members to COVID-19. Join this support group to help manage your grief and adjust to the loss of a friend and colleague in this unprecedented time. Connect with your colleagues in a safe space to share your thoughts and feelings and help each other cope with the loss. Groups are offered three times a week at [www.uft.org/covid-bereavement](http://www.uft.org/covid-bereavement)

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)

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

**MAP**

Members Assistance Program

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