



# Families weathering the storm

The UFT Member Assistance Program offers a new free support group in March and April 2019 for families struggling with mental illness and/or addiction.

## YOU ARE NOT ALONE.

Approximately 1 in 5 adults in the United States experiences a mental illness every year.

100 people die every day from drug overdoses.

This rate has tripled in the past 20 years.

Your union is here to help you and your family members affected by mental illness and/or addiction build better lives through education, support and advocacy. You'll share coping strategies and practical information. All support groups are led by a trained mental health professional and are held in a safe and confidential space.

## UPCOMING DATES AND TOPICS

### March 13 – STIGMA

*Join a discussion on mental illness and addiction as public health issues*

### March 20 – CRISIS MANAGEMENT

*How to manage issues that arise when a family member is at risk*

### March 27 – RECOVERY

*How to be supportive to a family member addressing the issues of mental illness and/or addiction*

### April 3 – RELAPSES

*How to remain steady when a family member slips up*

### April 10 – MEDICATION

*Understand the role of medication in mental illness and/or addiction*

### April 17 – SELF-CARE

*How to keep cool under pressure*

Register online at: [www.uft.org/weathering-the-storm](http://www.uft.org/weathering-the-storm)

All sessions run 4:30 – 5:45 p.m.

UFT Headquarters, 50 Broadway, Manhattan, 9th floor