

Because everyone has problems... because sometimes those problems get out of control... because there are times we need special support that families and friends cannot give, TEA developed a very special service for you.

TEA's Member Assistance Program is free to all members, and services are completely confidential. The program offers comprehensive member assistance, 24 hours a day, 7 days a week.

Program services are designed to provide help to members with personal problems when and where you need it. Whether you face emotional or marital difficulties, substance abuse or troubled teens, eating disorders or grief, services are available to help you.

Whenever you need help, program counselors are ready to help you assess the problem and to provide guidance and direction. Whenever additional help is needed, counselors refer you to agencies or care providers located near you, agencies or care providers that are financially compatible with your individual circumstances. Counselors also provide follow-up services.

From your first call, and throughout the assistance process, your case is

Strictly Confidential

Don't face tough problems alone. The help you need from the TEA Member Assistance Program is as close as your telephone.

Help When You Need It

■ **Co-Dependency & Family Dysfunction**

■ **Depression**

■ **Domestic Violence or Other Forms of Abuse**

■ **Eating Disorders**

■ **Overspending & Financial Problems**

■ **Grief Counseling**

■ **Marital & Relationship Problems**

■ **Stress**

■ **Substance Abuse**

■ **Troubled Teens**

LOCAL PRESENTATIONS

Counselors from the Member Assistance Program are also available to visit your local association to provide the following presentations:

- * Introduction to Member Assistance
- * Signs & Symptoms of a Troubled Colleague
- * Stress Management for Today's Teachers

CALL ANYTIME

24 hours a day,
7 days a week
386.0048 (Nashville area)
1.800.707.8882 (toll-free)
615.269.8647 (fax)

MENTAL FITNESS

Check yourself against the following 10 characteristics of people who are mentally healthy. (No one exhibits all of these characteristics all of the time, but be alert to "bad days" that stretch into weeks. You may need a little help to get back into the swing of things.)

1. They feel good about themselves.
2. They do not become overwhelmed by emotions such as fear, anger, love, jealousy, guilt or anxiety.
3. They have lasting and satisfying personal relationships.
4. They feel comfortable with others.
5. They can laugh at themselves and with others.
6. They have respect for themselves and for others even when there are differences.
7. They are able to accept life's disappointments.
8. They can meet life's demands and handle their problems when they arise.
9. They make their own decisions.
10. They shape their environment whenever possible and adjust to it when necessary.

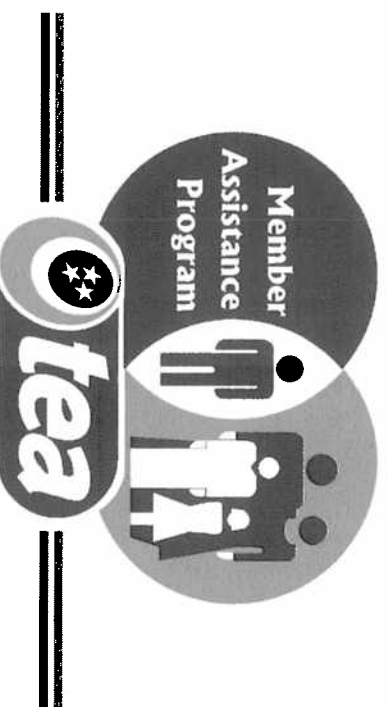
Deena Whitt, Counselor
Mary Ann Quirk, Director

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Questions about services or presentations?
Contact your TEA Uniserv Coordinator.



Member Assistance Program



... taking care of our own.