

EVERYTHING NEEDS MAINTENANCE

INCLUDING
YOUR
MENTAL
HEALTH

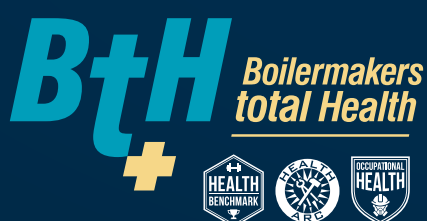


IT'S OK NOT TO BE OK. FROM DEPRESSION TO PTSD, YOU CAN GET HELP WITH YOUR OVERALL MENTAL HEALTH.

Call **866-990-1113** today

The Boilermakers have a Member Assistance Program which offers professional counseling and consulting services to members and their families. Getting support is easier than ever. Call **866-990-1113**, or visit boilermakersmentalhealth.ca

REMEMBER OUR BOILERMAKERS' UNION IS ONLY AS HEALTHY AS ITS MEMBERS.



MAINTAIN YOUR BRAIN!

