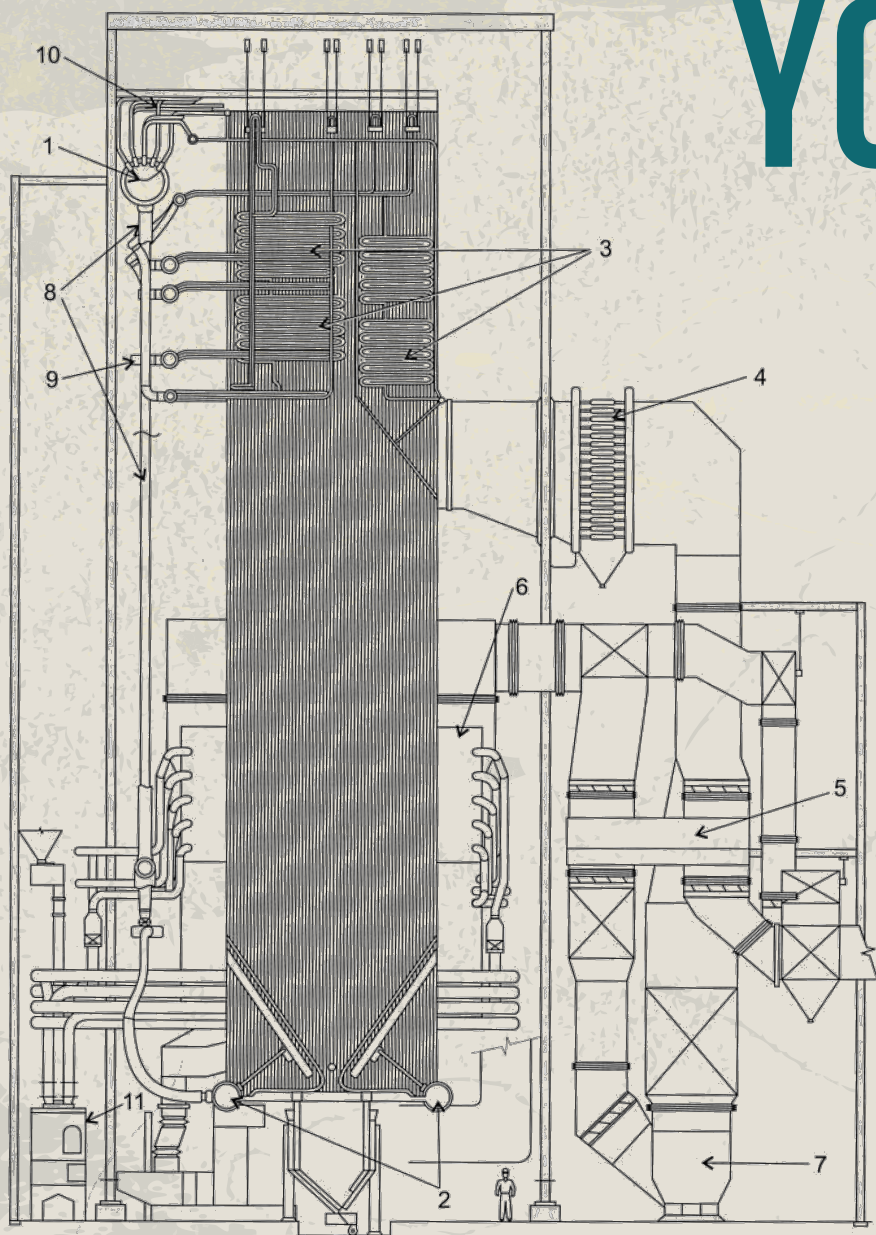


TAKE CARE OF YOUR MENTAL HEALTH



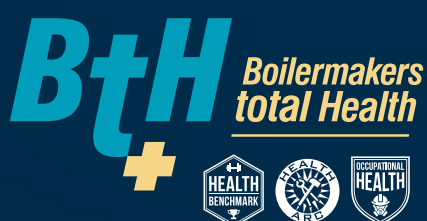
YOU'VE HANDLED
MUCH
HARDER
THINGS

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!

