



Canadian Piping Trades®

Mental health matters



Greetings Members,

As we continue to navigate through this pandemic, we recognize that the environment we are living and working in is affecting an increasing number of our members and their families.

We relate with all of you that may have experienced, or are continually experiencing mental health and/or addiction issues. We recognize these are challenging times, many of you may be feeling a sense of hopelessness, loneliness and burdened by the financial pressure as a result of losing employment. As a reminder, Local 488 offers resources to you and your family in case you need support.

They are as follows:

- [Click here](#) For immediate and confidential support from Morneau Shepell - A Member Assistance Program provided by UA Canada National Wellness program.
- To receive immediate support, call 780-424-2424 for 24-hour adult addiction and mental health services in Edmonton.
- To assess your mental state, [click here](#), to get a better understanding of your well being.
- To assess if depression is affecting your daily life, [click here](#) for support.
- To determine your level of anxiety, [click here](#) to assess your situation.
- [Click here](#) for additional information and services the Alberta Government provides.

We know these are difficult times for you and your family, please seek support if need be. Our union has been around since 1904, we will get through these times and come out stronger.

Fraternaly Yours, Local 488

