



## When the going gets tough...

Take advantage of the many services and resources available to you as a member of OSSTF/FEESO.

### **Rainbow District School Board Employee Assistance Program (EAP):**

**Life Works** [www.LifeWorks.com](http://www.LifeWorks.com) **User ID:** rainbowdsb **Password:** eap 1-877-207-8833

This service is available to permanent employees only.

## **OSSTF SERVICES and RESOURCES**

**Mediation Services Resource Bank** - OSSTF/FEESO's Mediation Services Resource Bank (MSRB) provides dispute resolution services to members who are in professional conflict with other members. It consists of mediators who live and work across the province. All are Federation members with extensive training and experience in mediation and conflict resolution. In order to preserve confidentiality, mediators are usually assigned from outside the geographic area of the disputants. Services are provided in English and French, as required. Contact James Clyke at [james.clyke@d03.osstf.ca](mailto:james.clyke@d03.osstf.ca).

**OSSTF Benevolent Council** – The Benevolent Council of OSSTF was created to provide relief grants to active members who demonstrate extreme financial need due to prolonged illness, accident, or emergency. It is the duty of the Benevolent Council to authorize outright benevolent (financial) relief and to recommend other ways and means to alleviate distress suffered by members. Benevolent Council grants are obtained through an application process facilitated by the local OSSTF district office.

**Project LINK** - OSSTF/FEESO offers Project LINK, a career counseling service for members who may wish to explore career alternatives. A Bargaining Unit President or designate may submit applications to Provincial Office to request career counseling for members who are experiencing difficulties practising their professions/vocations to such a degree that they are seriously considering other work options. Some typical issues might include: loss of contract, position elimination, burn-out, health or emotional problems, unsatisfactory performance appraisals, disciplinary procedures, or loss of interest.

The program may also assist members who want to explore external and vocational opportunities. The counseling service typically consists of a vocational evaluation followed by a two hour counseling session. During the session the result of assessment materials are reviewed and possible career options are explored and suggested. **NOTE:** Project LINK neither provides funds for tuition nor retraining fees. It also does not provide job placement services.

## **OTIP RESOURCES and BENEFITS**

**Feeling Better Now** - Mental health affects your performance, your relationships, and every aspect of your life. Science proves if you ignore your mental health, even your brain anatomy can change. With FeelingBetterNow\*, you can assess your mental health in 5-10 minutes and immediately access tools for stress reduction and for managing your symptoms. [www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip)

**Posaction® Plus** assistance service offers you professional support by guiding you through a problem-solving process. This service is provided free to all OSSTF members of the OTIP LTD plan. Call 1-800-668-0193. Account #48028-902.

**OSSTF Benefits through OTIP** - The new OSSTF benefits through OTIP provide for a combined total of up to \$2000 of psychotherapy per plan year (September 1 to August 31) from a psychologist, marriage and family therapist, and/or social worker. This benefit is available to anyone enrolled in the OSSTF benefits plan.