

# Latest News & Plan Updates

*Brought to You By:*  
**ILWU Warehouse Welfare Fund**



## *Life can be stressful.*

Don't let the challenges you face every day overwhelm you. Did you know that you have access to help through the **Teamsters Assistance Program (TAP)** and through your **medical health plan**?

*Don't struggle on your own, there are places for you to get help for any of these concerns and more:*

- Depression, stress & anxiety
- Substance abuse & recovery
- Relationship difficulties
- Parenting & family problems
- Eating disorders
- Financial & legal advice

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## **Teamsters Assistance Program**

The **Teamsters' Assistance Program (TAP)** helps individuals identify and resolve problems related to drug and alcohol abuse and provides resources for other issues such as stress, anger and violence in the workplace.



## UnitedHealthcare: Live & Work Well Program



Enhance your positive mental health, resiliency and worklife balance! The **Live & Work Well Program** provides confidential access to professional care, self-help programs, interactive tools and educational resources to help with life's changes and challenges.

### **National Eating Disorders Awareness Week is February 21st-27th**

Eating disorders are common among teens and kids, especially young women. Read about the warning signs, prevention strategies, and ways to help a child with an eating disorder.

[Click Here to Access Live & Work Well](#)

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## Kaiser Permanente: Behavioral Health Clinics



Kaiser Permanente offers a full-range of clinical and support services for children, teens, families and adults dealing with substance abuse, emotional, and/or behavioral problems.

All of Kaiser Permanente's **Behavioral Health Clinics** are "**open access**" which means an appointment can be made without a referral from the member's primary care physician.

- **Sign up** to take a class to explore conditions and treatment options for depression, anxiety disorders, insomnia, couples communication, chemical dependency, anger, parenting and more
- Use the [location finder](#) to find the phone number for the nearest behavioral health services and offices close to your home or office
- You can also talk to an advice nurse by calling the advice telephone number listed in the [location finder](#)

[Click Here to Learn More About Depression and Other Conditions](#)

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#### IMPORTANT NOTICE:

We have made every attempt to make sure that the information in this newsletter is accurate. However, you should not rely on anything set forth in this newsletter to make any decisions with respect to contributions and/or benefits.

Instead, contributions are governed by the applicable and relevant Collective Bargaining Agreement, and benefits are governed by the applicable and relevant Trust Fund documents, including the Trust Agreement and the Benefit Plan document. Insofar as there are any inconsistencies between what is in this newsletter and what is in said

documents, the documents are the binding and final authority and supercede anything set forth in this newsletter. If you have any questions concerning this, please contact the Plan Administrative Office at (510) 639-4888 and their office will either answer your questions or send you the binding documents. The information in this newsletter is not warranted as accurate and/or correct. Please refer to the the relevant documents for final and correct information.