



Avon Maitland
Teachers' Local

Special Points

of Interest

- Maternity/Parental Leave Workshop set for October 22nd;

AM ETFO INFO

Central Table Strike Vote/Local Preliminary Submission Vote

On Thursday, October 17, 2019 AMETFO will be hosting a Central Table Strike Vote and Local Preliminary Submission Vote. Both of these events will be held at the Mitchell Community Centre beginning at 4:30 opm. It is critical that members attend these vitally important meetings in order to provide a clear endorsement to both the Central and Local Table bargaining teams.

Note: You must be present to vote.

Mental Illness: Recognize and End the Stigma



STIGMA: THE FACTS

What is stigma?

- Stigma (or prejudice) describes a negative and unfavourable attitude.
- Stigma causes those living with a mental illness to be labelled, stereotyped, and feared.

What is discrimination?

- Discrimination is the action that results from stigma.
- It is how you treat those living with mental health issues because of how you think about them.

Why does it matter?

- Many people living with mental illness say the stigma is worse than the illness itself.
- Stigma is seen as one of the key barriers preventing people from seeking help.

Imagine if you broke your leg, and your friends and family decided you were only looking for attention when it affected your ability to walk? Imagine if everyone around you treated you as if you had a serious character flaw because of that leg? How likely would you be to admit you had a problem? How likely would you be to seek treatment?

- Seven million Canadians will need help for mental health concerns this year alone.
- Many will not get it because of the stigma attached to the illness.
- Every single Canadian is affected by mental health issues – either directly with firsthand experience, or indirectly in someone they know.
- Every day, 300,000 Canadians do not go to work due to psychiatric reasons.
- Mental illness costs the Canadian economy an estimated \$33 to \$30 billion per year in lost productivity.

There is hope. Recovery is possible.

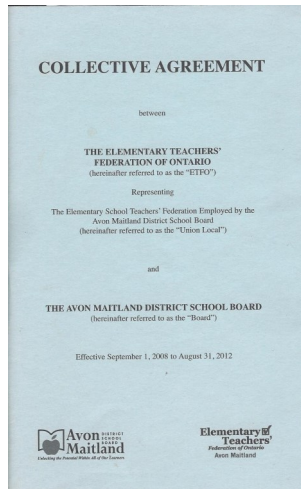
There are effective treatments.
Mental illness is an illness like any other.
It's important to seek help.
But we all have a role to play.

Inside this issue:

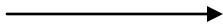
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Did You Know?

Disappointed about having to miss that family event? Did you know that you have access to 2 Approved Unpaid Days which can be used at your discretion? Email requests to your Principal and Michelle Ahrens well ahead of time to ensure an OT is available. [21.03 Approved Unpaid Days]



Still Time
To
Register



Pregnancy and Parental Leave

Workshop

For Members & their Partners

Date: **Tuesday, October 22, 2019**

Registration Date: Prior to October 16, 2019

Time: 4:30—6:30 PM

Location: AMETFO Local Office

Registration: Email Tim Barton via GAFE or cao.ametfo@gmail.com

A light supper will be served

Upon registration please include

dietary restrictions •



Depression—it's more common than you think

Depression affects men and women of any age, occupation, or social status—often in their prime working years. As a matter of fact, nearly 8 per cent of all Canadians will experience depression at some point in their lives.

A serious medical illness

It's normal to feel “blue” or down in the dumps every now and then. Misfortune or personal problems can leave us all struggling with feelings of loss, sadness, frustration, or disappointment. But, when these emotions persist for more than a few weeks and intensify as time goes by, it may be a sign of depression.

Depression is a serious medical illness that can interfere with your ability to carry out the normal functions of everyday life. It can change the way you think and behave, and undermine your sense of personal well-being.

The effects of depression can also affect everyone around you—friends and family, colleagues and co-workers.

What to look for—signs and symptoms of depression

Depression may begin suddenly or it may develop slowly over a period of weeks or months. While everyone experiences depression in his or her own way, there are some common warning signs:

Personal changes

- ⇒ Uninterested in work, hobbies, people, sex
- ⇒ Withdrawing from family and friends
- ⇒ Feeling useless, hopeless, excessively guilty
- ⇒ Feeling agitated, restless, irritable
- ⇒ Feeling overwhelmingly sad; crying easily
- ⇒ Lacking in self-esteem; unconfident
- ⇒ Chronically tired; unenergetic
- ⇒ Sleeping or eating more than usual
- ⇒ Abusing drugs, alcohol

Workplace changes

- ⇒ Unable to concentrate, plan, make decisions
- ⇒ Less productive
- ⇒ Frequently late; using more sick days
- ⇒ More irritable and impatient with students
- ⇒ Unenthusiastic about work
- ⇒ Often tired
- ⇒ Uncooperative, less dependable
- ⇒ Making noticeably more errors at work than usual
- ⇒ Taking safety risks; having accidents

Supporting a colleague suffering from depression

Sometimes, people suffer needlessly with depression because they are embarrassed, or worried about gossip and work consequences. If you suspect that a colleague is depressed, be supportive and understanding.

Lend a sympathetic ear and try to get your colleague to talk openly about his or her thoughts and feelings. Remember that your colleague is ill and may react strongly to the things you say or do. Be patient, caring, and respectful, even if your support is not immediately appreciated.

Most importantly, encourage your colleague to seek professional help. The sooner she or he gets help, the sooner life will return to normal.

Tim Barton