



Responding to Our Mental Health Needs, Developing Union Solutions

AFT Health Issues has developed a new workshop to address occupational stress, burnout, and moral injury for our members as a part of the Code Red campaign.



Healthcare Council Meeting - MON. AUG 26 - 6PM

Use the zoom link/Qr code below to participate and decide if this workshop would be helpful for your members.



During the first part of the session, we will discuss the impacts of chronic stress on our physical and mental health, and the root causes of burnout and moral injury. We will talk about recognizing signs of chronic stress in ourselves and others, and sources for support.

In the second part of the workshop, we will move from discussion to engagement. We will challenge members to take action with Code Red resources and tools. We hope to encourage more members to get involved in union activities, including launching a survey to gather data on members' needs. The survey data then can be used with Code Red resources to assist in bargaining, staffing committees, safety committees, or even in legislative efforts.

AFT recognizes that local leaders (especially AFT CT Healthcare leaders) have a lot on their plates with implementation of the staffing law and updates to the workplace violence law. Local leaders are asked to do a lot and often have to do too much themselves. With this training, we hope to give you a tool to get members more involved and to address the critical issues impacting our members' well-being.

Please join us for the training. We want your feedback!
And hope you will consider hosting the training in early 2025.

REGISTER HERE



<https://forms.gle/WGCN6CBJsAntiDRL7>

JOIN ZOOM HERE



<https://aftct-org.zoom.us/j/87392046783?pwd=rQTeQUwH6ocGOYn0yJs7bebYm0wUXz.1>

