



April 9, 2019

To All Amtrak Agreement Employees,

We are writing to you today as Co-Chairpersons of the Joint Medical Administration Committee (JMAC), AmPlan Trustees and concerned leaders.

We all have an increased awareness about harassment and bullying, as well as being mindful of mental health issues and staying alert for workplace violence and terrorist threats. We want to ensure that you also know what tools are available to you to effectively deal with the emotions and behaviors that the stress of these issues may cause.

All Amtrak employees are annually eligible for up to six free sessions with an experienced, licensed counselor, for themselves or their dependents. These confidential services are available 24/7 by phone 1-844-Amtrak1 (1-844-268-7251) or at www.achievesolutions.net/AmtrakEAP.

We cannot overemphasize the importance of self-care – both physical and mental. There is no shame in taking advantage of every resource available to protect the well-being of yourself and your family. It should be every person's first priority.

Sincerely,

Jed Dodd
JMAC Co-Chair
VP Brotherhood of Maintenance of Way
Employees Division - IBT

Andrea Gansen
JMAC Co-Chair
VP Labor Relations for Amtrak