

DISTRICT COUNCIL 37 has resources to help union members cope with a variety of life stressors. The Personal Service Unit is dedicated to the emotional and physical well-being of District Council 37 members. We strive to support members in developing and achieving their goals to improve their quality of life.

What are the Services offered?

Individual Counseling

The PSU staff provides short-term counseling for personal problems, work-related concerns, and issues stemming from substance abuse. Social Workers at PSU help members to identify stressors, recognize the strengths and resources that they already have, create better coping strategies, and connect with community agencies.

Referrals

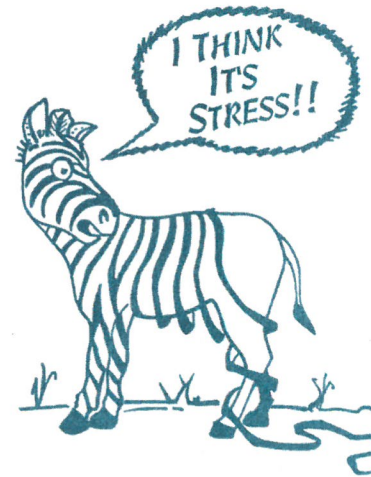
The PSU staff assists members and their families in obtaining services for mental health needs, family problems, health care needs and social services.

Group Counseling & Workshops

Periodically, staff provides group counseling and workshops to address specific issues. Members should look in the DC37 Public Employee Press (PEP) for upcoming groups. Past topics have included stress management, effective communication, and bereavement support.

Outreach Program

This program provides phone based support for retired and disabled members. It also coordinates an annual pre-retirement seminar which is advertised in the PEP.



What can be addressed through counseling services?

Personal and Family Problems

- Anxiety
- Bereavement
- Depression
- Domestic violence
- Major life changes
- Mental illness
- Parenting/single parenting/grandparenting
- Prolonged illness of self or family member
- Relationships
- Unhealthy stress levels

Job Jeopardy

- Conflicts with others
- Disciplinary issues
- Harassment
- Job stress
- Time & attendance

Substance Abuse/Impulse Control

- Alcohol use
- Drug use
- Anger issues
- Gambling concerns

Who are the counselors at PSU?

Counselors are licensed Social Workers specializing in the fields of mental health and substance abuse. In addition, there is a consulting psychiatrist who is available for evaluations.

Will anyone find out I am using PSU?

All contact with PSU is confidential and no information will be shared with anyone outside the office unless written permission is provided by the member.

How do I contact a Social Worker?

Call the Screening Unit:

212-815-1260

Phone-in Hours:

Monday – Friday,
9:00 a.m. – 1:00 p.m.

(If you are not able to reach the Screening Unit due to a large number of calls, please call the main number for further assistance.)

Walk-in Hours:

Monday – Friday,
9:00 a.m. – 12:00 p.m.

Hours of Operation:

Counseling services are provided:

Monday – Friday,
9:00 a.m. – 5:00 p.m.

PSU is a free benefit offered as part of the DC37 Health & Security Plan. Members and their covered dependents are eligible for PSU services.

We are here to support you through life's stressors.

We encourage you to take advantage of this invaluable service!



Personal Service Unit

District Council 37
Health & Security Plan's
Confidential Counseling
Service

Main number: (212) 815-1250
Screening Unit: (212) 815-1260



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