DC 37 AFSCME AFL-CIO PSU

Personal Service Unit

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

WWW.DC37.NET

Personal Service Unit

Individual Counseling

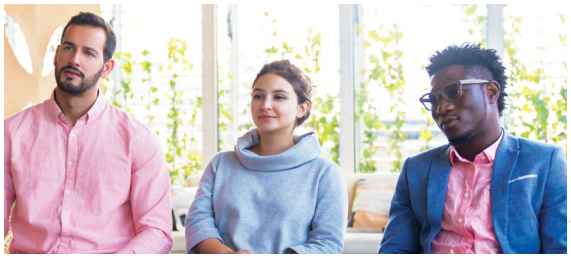
The PSU staff provides short-term counseling for personal problems, work-related concerns, and issues stemming from substance abuse. Social Workers at PSU help members to identify stressors, recognize their existing strengths and resources, create better coping strategies, improve communication skills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

Referrals

The PSU staff assists members and their families in obtaining social services and community-based resources tailored to their specific needs.

Group Counseling & Workshops

Periodically, staff provides group counseling and workshops to address specific issues. Members should look in the union's publication, *PEP talk,* or on the website at **www.dc37.net** for upcoming groups. Past topics have included stress management, effective communication, and bereavement support. As needed, PSU provides workshops and interventions for trauma, grief and loss, and stress management.



What Can be Addressed Through Counseling Services?

Personal and Family Problems

- Anxiety
- Bereavement
- Depression
- Domestic violence
- Increased stress levels
- Major life changes
- Other mental health diagnoses
- Parenting problems
- Prolonged illness of self or family member
- Relationship issues

Job Jeopardy

- Disciplinary issues
- Interpersonal conflicts
- Job stress
- Time and attendance

Substance Abuse/Impulse Control

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

Personal Service Unit

Who are the PSU Counselors?

Our counselors are licensed Social Workers who specialize in mental health and substance abuse. We also have consulting Psychiatrists available for evaluations.

Will anyone find out I am a PSU client?

All contact with PSU is confidential. No information is shared with anyone outside the unit unless a member provides written permission.

Call the Screening Unit

212.815.1260

Phone-in Hours
Monday – Friday
9 a.m. – 1 p.m.

Due to call volume, if you are unable to reach the Screening Unit, please call the main number at **212.815.1250** for further assistance.

DISTRICT COUNCIL 37

has resources to help union members cope with a variety of life stressors. Our Social Workers provide assistance through short-term counseling, information and referrals, advocacy, and collaboration.

The Personal Service Unit (PSU) is dedicated to the emotional and physical wellbeing of DC 37 members, dependents over 18, and retirees.

We strive to support members in developing and achieving their goals to improve their quality of life.

If you are in need of help, or just want to speak with a Social Worker, please reach out to our unit. During the COVID-19 pandemic, life has become more complex and stressful. We are here when you need help.

Due to the COVID-19 pandemic, we are currently conducting sessions via teletherapy.

We are here to support you through life's stressors and encourage you to take advantage of this invaluable service.

Personal Service Unit

District Council 37

Health & Security Plan's
Personal Service Unit
(Confidential Counseling Service)

Main Number: 212.815.1250

To contact a Social Worker, call:
Screening Unit: 212.815.1260
(Monday – Friday, 9 a.m. – 1 p.m.)

PSU's Hours of Operation:

Counseling services are provided:
Monday – Friday, 9 a.m. – 5 p.m.

PSU is a benefit offered as part of the DC 37 Health & Security Plan at no cost to the member. Members, retirees, and their covered dependents over 18 are eligible for PSU services.

Health & Security Plan
Personal Service Unit
55 Water Street, 22nd Floor
New York, NY 10041

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