



February is my birthday month, and as part of my celebrations I want to do something meaningful. As Vice President for Unifor Local 2002, and member of District 301, **I want us to recognize that mental health is part of our health at work.** Mental health is not a weakness and it is not a private “problem” to hide; it is part of being

human. For too long, many of us have suffered in silence—thinking we had to be “strong” and keep our struggles to ourselves. Stress, harassment, family issues, money worries, trauma—any of these can affect how we sleep, how we focus, and how we show up at work. Some of us are struggling right now. Others have struggled in the past or will in the future.

We may have different stories, but we share a common truth: **NONE OF US SHOULD HAVE TO GO THROUGH IT ALONE.** This is the reality for many workers, in every department and every shift.



Starting **Today Tuesday, February 10**, the District 301 Health and Safety Office will launch a raffle with three prizes: an **Ascend Aeronautics AR-800 HD video drone**, a **Magic Bullet personal blender**, and a **Samsung Galaxy Tab A7 Lite tablet**.



Tickets are 5 dollars each. Please stop by the Health and Safety Office (TUES-FRI, 07:30-17:30) to say hello and buy a ticket in support of mental health for all workers—past, present, and future. The raffle will close at the end of the month, and winners will be announced shortly after. All proceeds from this raffle will be donated to CAMH on behalf of the local community we are all part of.

Most importantly, I invite you to check in with your family, your chosen family, your friends, and your colleagues. Ask them, **“How are you really doing?” and take a moment to listen. Sometimes that one question can make all the difference.**

Saúl Alejandro Santiago Nolasco

(He, Him, Il, Lui)

Vice President Central Region

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