



## bullying prevention month

### Are you being bullied?

More often than not children are the faces of bullying. They're vulnerable. Isolated. And unsure where to turn.

More often than not, teachers, public employees, police officers, firefighters and school nurses face the same dynamic when it comes to workplace bullying. Bullying knows no limits.

To confront bullying head-on, the campaign to raise awareness regarding bullying is in full swing this month, as October is [National Bullying Prevention Month](#). For many, it's a visual reminder highlighted by 31 boxes on a calendar that bullying is real. The key is to remember that there are more bullying resources available today than ever before. In essence, there's a stronger gust of wind against bullying than behind it.

According to a report, "[Mental Health in the Workplace](#)," produced by Benenden Health, bullying is one of the leading causes of stress in the workplace. Bullying can no longer be treated like the "boogie-man." It's real. It's here. And it needs to be addressed.

Know where to go to get resources. Start by checking out the links in this newsletter; but you can also work with professionals at HealthCare Assistance with Member Support. We're here to [help](#).

Help

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## Workplace Bullying: What to do?

Not being able to concentrate or think straight is a common response to being bullied. It's ok. Knowing the signs is key. We've got you covered. Here are some great tips to help.

Remember, bullies are on a pathway to become an endangered species, in large part due to the heightened level of awareness of bullying and tips, like these, that are put into practice.

**"You can't exercise your rights, if you don't know your rights,"**  
**Terry Livorsi.**

Educate yourself on the totality of the problem. Learn about the available solutions. Don't be afraid to speak-up and speak-out.

If bullying or stress is an issue at your workplace, Healthcare Assistance, your unions' employee assistance program, can provide you with support and solutions on how-to protect yourself: [click here](#).

## TOP TIPS

- 1 Document the bullying
- 2 Kill them with kindness
- 3 Don't forget to protect yourself
- 4 Understand the difference between bullying and harassment

## Help is here.

1-888-828-7826

[unionsupport.org](http://unionsupport.org)

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