



Utility Workers Union of America, Local 132

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A Message from Our Executive Board

5/9/25

Every day, you show up and give your best. Helping customers, solving problems, and carrying the weight of everything life throws at you. We know many of you are juggling more than just work. You're supporting families, managing finances, dealing with personal struggles, and still finding the strength to help others. May is Mental Health Awareness Month, and it's a reminder that behind every voice on the phone—whether it's a customer or a coworker, or working in the field, there's a person with a story. We never know what someone is going through. A little patience, a kind word, or just taking a breath before responding can make all the difference. I want to encourage you this month and every month, to lead with empathy, kindness, and compassion. Not just toward others, but also toward yourself. YOU matter. Your well-being matters. You are not alone. Let's support one another, lift each other up, and remember that we're stronger together.

If you're struggling, speak up. If someone else is struggling, be the reason they feel seen and heard. Thank you for everything you do, and for the heart you bring to this job every day.

In a world where you can be anything.

Be KIND!

If you know anyone struggling, please have them call 988: suicide and crisis prevention hotline.

Executive Board
Local 132 Regional Officers
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