



# A GUIDE TO YOUR MEMBER ASSISTANCE PROGRAM

## Your Counseling Services

\*Your contract year: 1/1 - 12/31

As a Sheet Metal Worker Local 9 Benefit Trust member, you are provided with a Member Assistance Program (MAP) through MINES & Associates, available to you and your household members. This benefit is a confidential resource, designed to assist you with personal concerns that may be affecting your work performance, your family life, or your overall wellbeing. The MAP is here to help with the everyday issues that come up in your life, including:

- Stress
- Career
- Family Issues
- Death and Grief
- Anxiety
- Financial Problems
- Drug/Alcohol Abuse
- Eating Disorders
- Depression
- Legal Referrals
- Relationships
- Work-Related Issues

## What's Available

- Up to **5 counseling sessions per year\***, available telephonically or face-to-face.
- Sessions may also be used for financial counseling.
- Unlimited Work/life Referral services
- 4 Wellness Coaching sessions

## What You Need to Know

- The MAP is **strictly confidential**.
- The MAP is provided by your union and there is **no charge** to you to utilize these services.
- For emergencies and crisis situations, your MAP is **available 24 hours a day**, seven days a week, including holidays.

When you call in for a referral, the clinical staff at MINES will assess your situation, discuss plans for resolving your issues, advise you of available resources, and can promptly refer you to a local counselor. You can choose to be scheduled for a face-to-face appointment in an area of your choosing (near your office, home, school, etc.) or you may choose to access your sessions telephonically. You may also choose from the MINES network which includes: Ph.D., LMFT, LPC, and LCSW.

## Your Work/Life Referral Services

Finding the right dependent care provider can be a time-consuming and exhausting endeavor. You and your household members have access to unlimited specialized work/life services that provide information, research, and referrals for childcare, eldercare, and convenience services. This can include:

- Assisted Living Facilities
- Caregiver Support
- Community Services
- Medicare/Medicaid
- Childcare centers
- Adoption Services
- New Parents/Pregnancy
- Special Needs
- Fitness Classes
- Home-based Services
- Pet Care
- Repair Services

## Your Wellness Coaching

Each plan member and their household members can utilize up to 4 sessions per year to access free and confidential 20 to 30-minute telephonic coaching sessions to help reach individual wellness goals. Each certified wellness coach can help assess current wellness needs around a variety of topics, help you set specific wellness goals, and do regular progress checks to help answer questions along the way to help you reach your wellness objectives. Topics include weight loss, fitness, nutrition, healthy habits, stress, health concerns, caffeine reduction, injury recovery, physical training, relationship development, sleep issues, smoking cessation, and more.

*This guide is for informational purposes only. Call MINES for specific information about benefits, limitations, and exclusions.*



*Live well, live balanced, live life*



## **Counseling**

As a Sheet Metal Worker Local 9 Benefit Trust member, you and your household members are entitled to free and confidential counseling services for everyday issues including stress, anxiety, depression, family issues, drug and alcohol abuse, relationships, death and grief, and work related issues. Available 24 hours a day, 7 days a week.



## **Your info**

You have **5 sessions** of free and confidential counseling available per year to you and your household members. You also have access to unlimited work/life referral services and up to 4 wellness coaching sessions per year.

**To access services Call MINES at 1-800-873-7138**



## **Work/Life**

Balancing work and family can be difficult. For everything from finding the right care for your children or elderly loved ones, to knowing where to find a good pet sitter, MINES can help. Call for unlimited work/life services to help find the right provider for your needs so you can rest easy.



## **Wellness**

No matter your wellness goals, MINES can help. Use up to 4 free and confidential wellness sessions per year with professional coaches to help you assess your level of wellbeing, set goals around your individual needs, and check-in to ensure you're on track for success.

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