



We're here
when you need
us most

The USW Local 286 Health & Welfare Fund has partnered with the Member Assistance Program to offer you personalized support to find balance and gain control during life's challenges, **all at no cost to you!**



Emotional Support

Your Member Assistance Program (MAP) offers confidential counseling support from qualified professionals who can help you work through issues impacting your life and well-being.

Our Professionals can help address:

- Anger, grief, loss, anxiety, depression
- Job stress, burnout, work conflicts
- Marital relationships, family issues
- Addiction, eating disorders, mental illness



Work and Life Balance

Through the MAP, you also have access to a team of Work/Life Specialists to help find resources to better balance work and life and feel more productive.

Our Work/Life Specialists can help with:

- Time management
- Locating childcare and eldercare resources and concerns
- Personal/family/elder law, identity theft
- Financial resources for debt management, budgeting, credit issues
- Plus, we can connect you to financial and legal consultants

Simply call us. We offer compassionate support over the phone and can review other options for counseling. If needed, we'll help you connect with the appropriate professionals for long-term support.

The Member Assistance Program is completely confidential and available to you, your spouse, dependent children, parents and parents-in-law at no cost to you. **In a crisis, help is available 24/7.**



Our specialists can help you find balance and feel more in control so you can focus on what matters most.

Balancing the needs of family, personal and work responsibilities isn't always easy.
Your Member Assistance Program (MAP) offers the right support at the right time.
Here are some frequently asked questions about our program.

What is the MAP and Work/Life?

This unique program is designed to help you lead a happier more productive life at home and at work by connecting you with a qualified professional and Work/Life Specialist who are experts at helping people cope and feel more in control. Additionally, we offer many self-serve resources online and through our mobile app.

How does it work?

Call to connect with an intake Professional who will help:

1. Define the problem clearly
2. Assess the type of help needed
3. Either provide the necessary help or connect you to the appropriate specialist

Who can use the MAP?

The program is available to you, your spouse, dependent children, parents and parents-in-law.

What services are available online?

As a complement to the personalized support offered by our professionals and Work/Life Specialists, you can access a variety of self-serve resources through our website and mobile app. Here are some of the resources available to you:

- **Explore webinars**, online courses, and articles on a variety of well-being topics
- **Complete checklists** and take self-assessments to learn more about issues that impact you
- **Visit the Personalized Legal Center**, Financial Fitness Center and Mindfulness page
- **Watch the confidential orientation video**

Is my privacy protected?

Our staff carefully follows protocols and complies with all government privacy standards. Your medical and personal information is kept strictly confidential.



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