



**In challenging times, it can be helpful to talk to someone for support and resources.** You and your family members have access to a Member Assistance Program (MAP) Professional who will listen and provide emotional support and coping tips for personal, family and work issues, at no cost to you.

### How It Works

Your first call starts the brief intake process.

#### A MAP Professional will:

- Confirm your **contact information**
- **Review the confidentiality** guidelines and your MAP and Work/Life benefits
- **Assess for safety concerns**, such as your risk of harm to yourself or others, domestic violence, abuse, drug or alcohol issues
- **Gather information** about your reason for requesting counseling
- Determine **what type of counseling** may work best for you (individual, family or couples)\*
- Review what **counseling options** are available
- Help **connect you to the right MAP Professional** for your needs to begin counseling sessions
- If needed, **put you in touch with Work/Life services** for help with financial or legal issues, childcare, eldercare and more

\*If you may need a higher level of care than outpatient counseling, we will help you explore options.

### We can help with:

- Stress, anxiety, depression
- Family, relationship, and parenting issues
- Financial and job pressures
- Grief, loss and anger
- Substance abuse

...**Plus** we can find local resources for childcare, eldercare and more

**Remember**, you, your spouse, dependents, parents and parents-in-law are all eligible for the Health Advocate service.

**In a crisis, help is available 24/7.**

**Turn to us at any time!**



**877.240.6863**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)



Web: [HealthAdvocate.com/uswlocal286](http://HealthAdvocate.com/uswlocal286)



**HealthAdvocate**<sup>SM</sup>