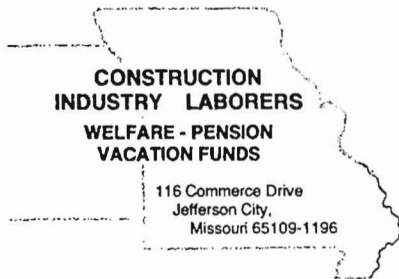


Help you can get from the MAP:

- ◆ Problem Evaluation
- ◆ Short-Term Counseling
- ◆ Referrals for Additional Care
- ◆ Follow-up and Support



**For 24 Hour Assistance
Call:**

Employee Health Services, Inc.
816-455-2224 (24 HRS)
1-800-332-6283(out of area)

Caring to Make a Difference

Heavy Constructors



...making it better

To contact the MAP Call:

816-455-2224



MEMBER ASSISTANCE PROGRAM

1-816-455-2224

1-800-332-6283



What is the Member Assistance Program?

The Member Assistance program (MAP) is a free counseling service provided to plan participants of **The Construction Industry Laborers Health and Welfare Fund by Employee Health Services, Inc.** The **MAP** Counselors at **Employee Health Services, Inc.** are available to provide **professional and confidential assistance** to help you solve personal and work problems before they get out of control.

Why do we have a MAP?

The Fund's Trustees recognize that sometimes personal concerns can affect our health, our well-being, and our job performance. The **MAP** is a voluntary program and is available to help you deal with these concerns **safely and privately**. The **MAP** can assist you and your family members in improving the quality of your life and resolving many different types of personal concerns. Along with the **MAP** services, **Employee Health Services, Inc.** also provides a "member-friendly" access to your mental health plan benefits.

How does the MAP work?

If you have a question or an issue you'd like to discuss, call the **Employee Health Services, Inc.** number to arrange an appointment with a **MAP** Counselor in your area at a convenient time for you. During the office visit, the counselor will listen, help you identify the problem, and plan a course of action. You and your family members may meet with a counselor for up to three sessions, or you may be referred to others for further assistance.

Who will know if I'm using the MAP?

Discussions with MAP counselor are held in the strictest confidence. If you are referred by your foreman or union representative, the **MAP** Counselor will only confirm whether you did or did not keep your appointment.

What does the MAP cost?

The services of the **MAP** Counselor are free to all eligible participants and eligible dependents. These services are paid for by the Construction Industry Laborers Welfare Fund. **If referrals are necessary**, the Welfare Fund will pay only for those **covered services as defined in the Plan Document and Summary Plan Description. Any services which are not provided for in the Plan are the responsibility of the participant.**

How do I contact the MAP?

Just call the number below. During the regular business hours, you can call and make an appointment with a counselor. In emergencies, assistance is available 24 hours a day, 7 days a week at this same number.

1-816-455-2224

1-800-332-6283

Things the MAP can help you with...

Substance Abuse

Problem Drinking
Substance Abuse by Family Members
Illegal Drug Use
Drug Testing Concerns
Prescription Drug Misuse

Family

Parent-child Conflicts
Family Member Conflicts
Serious Illness of Family Member
Aging Parents
Single Parenting

Marital

Separation & Divorce
Communication Problems
Resolving Conflicts
Domestic Violence

Financial

Problem Gambling
Household Finances
Over-extended Credit

Emotional & Mental Health

Stress, Anxiety & Depression
Managing Anger
Grief and Loss
Life Transition Disability Adjustment