



# Introducing Your Member Assistance Program

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# Life Comes with Challenges

Your Member Assistance Program is here to help.

## Providing the support you need to:

- Improve mental health
- Reduce stress
- Support whole health

[Information](#) | [Resources](#) | [Referrals](#)



## All Services Are:

- Free
- Confidential
- Available to you and your family household members
- Accessible 24/7/365





## Services Include:

- 3 Mental health sessions per issue, per year
- 3 Life coaching sessions per year
- Financial consultations/resources
- Legal referrals
- Work-life resources and referrals
- Medical advocacy

# What To Expect When You Call



Option 1  
In-the-moment Support



Option 2  
Counseling Referrals  
(Phone, virtual, in-person)



Option 3  
Work-Life Services



## How referrals work:

- Contact us by phone or through online form
- We will assess your needs based on a brief confidential phone intake or your online request form
- We will provide a referral to a mental health clinician, legal or financial expert, work-life resources, or combination of support services, based on your request
- You can follow up with us as needed if you have any additional requests



# Mental Health Sessions

Reach out to your Member Assistance Program to speak with a mental health clinician about any issue impacting your well-being. Mental health sessions provide short-term counseling to help:

- Manage stress, anxiety, grief, depression
- Cope with change or challenges
- Build self-awareness and practice self-care
- Resolve conflict and improve relationships
- Address substance misuse and recovery
- Talk through any personal issue



# Member Experience

Receive **care your way** with convenient options for mental health support.



## In-the-Moment Counseling Support

Instantly connect to  
a clinician by phone  
for urgent clinical  
matters



## Video Counseling

Schedule a  
video session



## Telephonic Sessions

Schedule a  
telephonic session



## In-Person Sessions

Meet with a  
local clinician from  
our network



# Life Coaching

Short-term coaching to help you and your family members:

- Set personal and professional goals
- Manage life transitions
- Improve stress and time management
- Live a more purposeful life
- Overcome obstacles
- Strengthen relationships
- Improve communication
- Manage multiple projects and demands



# Financial Counseling

Connect with a certified financial counselor for help with:

- Coping with financial stress
- Building financial awareness
- Learning budgeting strategies
- Identifying financial goals
- Addressing financial challenges
- Understanding financial planning





# Legal Referrals

Receive legal referrals for personal matters, including:

**Eldercare**

**Estate  
planning/wills**

**Real estate**

**Adoption**

**Bankruptcy**

**Divorce  
/custody**



# Work-Life Resources and Referrals

Connect with knowledgeable consultants who can help provide referrals and information for family, caregiving and work-life balance needs at any life stage:

- Childcare
- Elder care
- Pet care
- Adoption
- Special needs support
- Education
- Enrichment activities
- Housing
- Transportation
- Community resources and referrals





## Medical Advocacy

Work with a Medical Social Worker to receive personalized assistance for you and your loved ones:

- Interpreting information related to claims, coverage
- Navigating healthcare
- Obtaining doctor referrals
- Securing medical equipment
- Planning for transitional care or discharge





## Member Portal

Visit your member landing page at [ers-eap.com](https://ers-eap.com) and sign in with your email address and company code: **laborers**

- **Connect** via live chat, phone, or online requests
- **Explore** the online financial wellness center
- **Enhance** your well-being with self-care assessments & soft skills courses
- **Access** 1,000+ articles, podcasts, well-being resources and more
- **Find** exclusive marketplace discounts



## Join Our Monthly Webinars

Our team of **expert in-house clinicians** produce and present free monthly webinars on topics across all areas of whole health.

Schedule available at [allonehealth.com](https://allonehealth.com) or within your member portal.

# How to Access Your Assistance Program:

1. By phone  
**Call: 800-292-2780**
2. Your online member portal  
**Visit: [ers-eap.com](https://ers-eap.com)**  
\*Includes Live Chat 8am-5pm EST

To create an account, you will need to enter your company code: **laborers**

A confirmation email will be sent to you to complete the process.





**Everybody could use a little help sometimes.**

Reach out to your Assistance Program  
for personalized support.

**800-292-2780**

ERS-EAP.COM

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HEALTH