

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





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



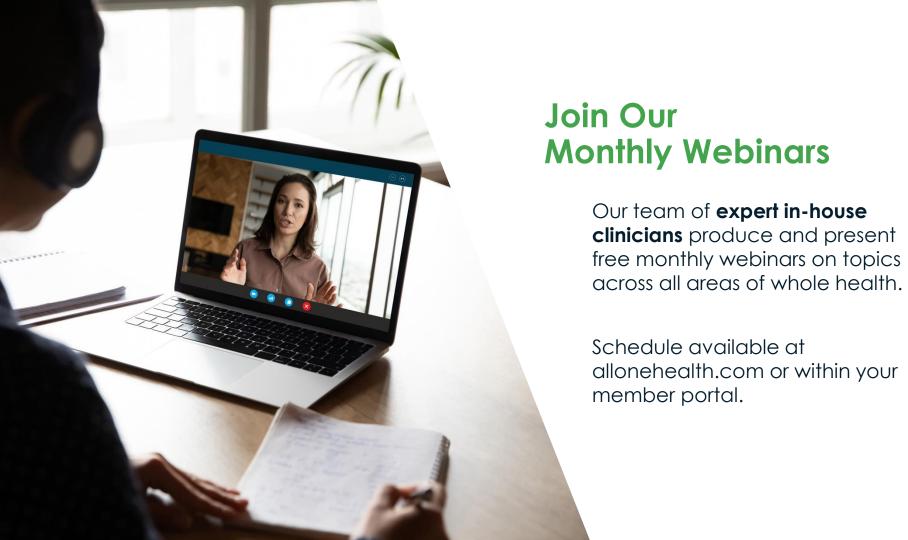




Member Portal

Visit your member landing page at 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



How to Access Your Assistance Program:

1. By phone

Call: 800-292-2780

2. Your online member portal

Visit: 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

