



Member Assistance Program (MAP)

The MAP is a free and confidential assistance program that provides supportive counseling, information and resources for participants and their immediate family members, including a spouse (or significant other), children and parents.

When should I call the MAP?

The MAP can help with challenges such as:

- Depression & anxiety
- Substance abuse issues
- Stress management
- Legal & financial concerns
- Childcare & eldercare
- Gambling addiction
- Marital/family conflict
- Grief & loss issues

How do I get started?

The first step is to call the MAP at **800-292-2780**. You will be linked with a MAP counselor who will assess your situation, provide support and crisis intervention / safety planning when appropriate. The MAP will then provide you or your family members with resources and connect you with a counselor near your home, place of work or school.

How much does it cost?

There is no charge to use the Assistance Program. Participants and their families are eligible to receive **free in-person counseling sessions** for each unique issue or problem. Some issues can be resolved within the MAP sessions; however, referrals will be provided for long-term counseling or treatment through your insurance benefits.

Call or log in for more information
800-292-2780 www.ers-eap.com

FOX VALLEY LABORERS

3 MAP Sessions & Legal/Financial Consults

Username: laborers Password: foxvalley

Always Available. Always Confidential.



Work-Life Services

Online resources and referrals provide the support you and your family need, when and where you need it!

Information-rich website

Loaded with content and tools for managing your busy life, the Work-Life website can be accessed via smart phone, computer or tablet. Watch monthly on demand webinars, take online skill builder courses, view articles and programs for each month's special theme and access resources for a variety of topics.

LiveCONNECT instant messaging

Start a live chat with a Work-Life representative any time, any day to get a confirmed and verified referral for **Childcare, Eldercare, or Daily Living** needs. Whether you need to find daycare for your toddler, a gym near work or home, or a dog sitter; consultants are available 24/7/365 to connect you with the services you need!

Savings Center

Receive online discounts of up to 25% on hundreds of name brand products and thousands of discount tickets as well as special offers and reward points.

Legal / Financial Center

Free telephone consultation with a qualified attorney, financial professional or ID recovery specialist. Online support is also available with free legal forms, identity monitoring and financial resources for creating a budget, saving for college or planning for retirement.

Wellness Center

Online resources to help you and your family set and meet your fitness, nutrition, and weight goals. The website includes meal planing tips, nutrition look up, interactive forums, fitness/goal tracking tools and assessments.

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