

Understanding your Member Assistance Program (MAP) provided by the Metallic Lathers and Reinforcing Ironworkers

Your MAP is a confidential and voluntary support services that can help you take the first step toward change. Let us help you find solutions to the challenges you face at any age and stage of life. You and your immediate family members (spouse and dependent children) can access immediate and confidential support in a way that is most suited to your preferences, comfort level and lifestyle.

Your MAP can provide a series of sessions with a professional and if you need more specialized or longer-term support, our team can suggest an appropriate specialist or service that is best suited to your needs. While fees for these additional services are your responsibility, a portion of those expenses may be covered by your Local Health & Welfare plan.

Confidentiality

Your MAP is completely confidential within the limits of the law. No one, including the Officers of Local 46 Wellness Program, will ever know that you have used the program unless you choose to tell them.

Access your Member Assistance Program (MAP) 24/7 by phone:

1.844.464.6292

Solutions for your Work, Health and Life

Achieve Well-Being

• Stress • Mental Health Concerns • Grief and Loss • Crisis Situations

Manage Relationships and Family

• Communication • Separation/divorce • Parenting.

Tackle Addictions

• Alcohol • Drugs • Tobacco • Gambling

Focus on your physical health

• Understand symptoms • Identify conditions