

# Employee Assistance Program

Once you become eligible for benefits, you are automatically eligible to take advantage of our Employee Assistance Program (EAP). The EAP provides treatment for substance abuse, mental health benefits and professional counseling for personal problems. Services are available at no cost to you 24-hours a day, seven days a week.

The EAP provider, Modern Assistance Programs (MAP), has representatives available to assist you in receiving counseling for family problems, stress-related disorders, marital difficulties and/or financial problems.

If you feel there is a life-threatening emergency and you cannot reach a MAP representative, you should go to the emergency room of the nearest hospital, as you would in any emergency. Make sure that a MAP representative is contacted by you or on your behalf within 48 hours of the hospital visit.



## Contacting MAP

Call Modern Assistance Programs (MAP) directly at 1-800-878-2004 seven days a week for counseling, mental health or substance abuse treatment. If a MAP representative is not available, leave your name and phone number and someone will return your call promptly.

## Hospitalization

All members and eligible dependents must be approved under the Employee Assistance Program before they are hospitalized for alcohol dependency, drug abuse or psychiatric illness. See Summary of Benefits for more information.