

WHAT IS A MEMBERS ASSISTANCE PROGRAM?

The Local 28 Members Assistance Program (MAP) is a three-tiered program administered by the Local 28 Welfare Fund. The MAP is comprised of the Members Assistance Program Counselor, the Peer-to-Peer program, and Beacon Wellbeing's Members Assistance Program. This program is developed to support the various needs of the membership to help create a healthy and balanced lifestyle.

SUICIDE PREVENTION

SUICIDE: CONSTRUCTION WORKERS AGED 25–54 FACE HIGHEST RISK

A recent report on Occupation and Suicide from the Centers for Disease Control showed the Construction/Extraction industry with the second highest rate of suicides and the highest number of victims.

There is no doubt that many of our SMART members are in a high-risk category for suicide, which is why our Member Assistance Program has made suicide prevention a top priority.

If you or a member of your family has talked about or is thinking about suicide, please do not hesitate to talk to someone. Someone who cares is always available by calling the Suicide Lifeline.

SUICIDE LIFELINE
(800)273-8255
Or text HELP to 741741



LOCAL 28 MEMBERS ASSISTANCE PROGRAM

WWW.SMART28.ORG



**MAP COUNSELOR
MOLLY SAGE, LMHC
212-625-6393**

**PEER-TO-PEER
BILL SALVATORE
917-709-7464
SANTIAGO IDLET
718-619-5201**

**BEACON HEALTH
OPTIONS
855-748-3121**

local28.mybeaconwellbeing.com

When you don't know
what to do,
call someone who does.
You DON'T have to do it
ALONE.



LOCAL 28 MEMBERS ASSISTANCE PROGRAM



THE SHEET METAL LOCAL 28 MEMBERS ASSISTANCE PROGRAM

Building Blocks towards a new healthier lifestyle.



MAP COUNSELING

Finding a balance between the demands of work, a training program and your personal life can be overwhelming, leading an individual to feel like their life is not in their control. The Members Assistance Program is a free benefit to all Local 28 members and their family members, staffed by a NYS Licensed Mental Health Counselor who is able to identify, assess and together with you, develop an appropriate course of action to help alleviate these stressors. The MAP Counselor is here to support you as you explore how to improve your quality of life, one step at a time. The relationship with an individual and their therapist is one that is supportive and empathetic, the foundations of trust and ultimately, change.

Everything discussed in counseling sessions is completely confidential except for situations that require preventing serious harm (to self or others) or stopping abuse of a child or elderly person.



SCAN ME

**Take a chance on
yourself and call!**



PEER TO PEER PROGRAM

The Heart of Trade Unionism is members standing up for each other, helping one another build a good and stable life. This is the heart of the Local 28 Peer to Peer Members Assistance Program, believing that one union member can best understand and help another union member. By reaching out to a Peer Counselor you will receive support to deal with problems caused by mental health disorders and signs of alcohol or substance abuse. Their compassion and deep understanding of a Member's situation makes a powerful combination that cannot be offered by many other professionals. The Peer to Peer Program offers members and their families help accessing appropriate in-network treatment and on-going support. When members finish initial treatment, getting back into their home and work life can present steep obstacles. Peer counselors offer ongoing support. This is often the difference between recovery and relapse. If you're not sure what to do, call a Peer Counselor and talk about it.

***All calls to the Peer Counselors are
CONFIDENTIAL.***

BEACON HEALTH OPTIONS

The Beacon Member Assistance Program (MAP) offers confidential counseling, referral, and support for work, life, and mental wellbeing.

There is no cost to you. Your Welfare Fund covers the cost for you and your household members. That means no bills, no co-pays and no surprise fees.

Talk with a licensed counselor for support with issues such as managing stress, strengthening relationships, work/life balance, and grief and loss. Five counseling sessions per problem, per year are covered.

Talk to a financial or legal expert for consultations and discounts on services provided for divorce, real estate issues, debt management, and budgeting.

Obtain professional resource and referral services related to child and eldercare, education, growing families, consumer resources, home maintenance and repair, and daily living resources.

You can find information to help improve your health, manage life events, as well as search for providers in your area.



SCAN ME