



SHEET METAL WORKERS' LOCAL UNION NO. 28 FUNDS AND PLANS METROPOLITAN NEW YORK AND LONG ISLAND

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March 2020

Dear Member,

The Trustees of the Sheet Metal Workers' Local 28 Union Welfare Fund understand that it is sometimes difficult to balance work and life demands. That is why we have partnered with Beacon Health Options to bring you Beacon Wellbeing, a free Member Assistance Program (MAP). These services are in addition to the Mental Health and Substance Use Disorder benefits that are currently being provided by Beacon, the SMART MAP program under the direction of William Salvatore, and the MAP services that were recently transitioned to Local 28 and continue to be administered by Molly Sage.

The Beacon Wellbeing MAP is a confidential resource that provides personalized information, referrals, and support. MAP experts are available to help you:

- Manage anxiety and stress
- Address relationship troubles
- Look after your loved ones by providing referrals to resources
- Deal with financial issues such as budgeting, debt, or tax questions
- Find legal advice

The Member Assistance Program is available anytime at no cost to you or your household members. You can access referral resources 24/7 online at local28.mybeaconwellbeing.com or by phone at (855) 748-3121.

You, and each household member, have as many as five sessions per issue per year to help you navigate life event or reach a personal goal.

Benefits include:

- ***Online resources and information.*** The Beacon Wellbeing website offers access to information based on your needs and interests including self-help articles, videos, and other resources. You can also self-schedule a video or phone appointment with a counselor. Visit local28.mybeaconwellbeing.com.
- ***Short-term Counseling and Support services.*** Call (855) 748-3121 to be referred to a Beacon Wellbeing expert in stress management, grief and loss counseling, work/life balance, substance use concerns, and more.
- ***Referral services.*** MAP experts can provide referrals to carefully screened professionals in your area. You can call or search on local28.mybeaconwellbeing.com to receive referrals for local counselors, child and adult care providers, financial advisors, and attorneys.

Beacon Wellbeing is ready when you are. You can choose how you want support – by video, phone or in person. Visit local28.mybeaconwellbeing.com to get started.

Sincerely,

Board of Trustees

Sheet Metal Workers' Local Union No. 28 Welfare Fund