

## What Is The Teamsters' Member Assistance Program (MAP)?

The Teamsters Union offers a free confidential program designed to help members and their families identify and resolve personal problems or concerns. Our trained MAP peer coordinators are union members helping union members.

*Everyone faces challenging personal problems at some point in their lives. Fortunately, your union offers a program that can be of enormous help to you during difficult times.*

## We All Have Ups And Downs

*It's not always easy deciding when to ask for help.*

Your MAP Coordinator will respectfully listen to your problem and will assist you in developing a plan of action that will meet your needs. If necessary, you will be referred to a qualified service provider in your community. The MAP Coordinator will also follow up with you to ensure that you are getting the help you need and that you are satisfied with the referral.

## How Do You Know If You Really Do Have A Problem?

**Ask yourself these questions:**

- Do I think about a problem frequently, or am I always worried about the same thing?
- Am I telling myself the problem "isn't that bad and will just go away," although it doesn't?
- Do I feel tired, depressed, frustrated, angry or sick?
- Is my job performance or dependability being affected?
- Do I feel like giving up?

## What Kind Of Problems Can The Member Assistance Program Help With?

- Depression/Anxiety
- Debt Management
- Grief and Loss
- Alcohol/Drug Dependency
- Gambling
- Relationship Problems
- Divorce
- Child/Teen Conduct
- Domestic Violence
- Elder Care
- Trauma Reactions

## Is The Union's MAP Really Confidential?

**Yes, the program is highly confidential!**

We will not discuss your problem with anyone without your written consent. The only limits by law are the intent to harm yourself or others, and child or elder abuse.

## What Will It Cost?

**The services of the MAP are free.**

Your MAP representative will work with you to make effective use of your health insurance benefits and community resources.

## What Is The Next Step?

To get started, call or visit a Teamsters MAP Representative to begin the process. The Member Assistance Program is voluntary, so you need to take the first step. A MAP Representative can help you determine whether you need to take action. Remember, it's better to deal with the problem before it becomes overwhelming.

