

A GUIDE TO YOUR EMPLOYEE ASSISTANCE PROGRAM

Helping you live a more productive life.



As a International Brotherhood of Electrical Workers member, you are provided with an Employee Assistance Program (EAP) through MINES and Associates, available to you and your household members. This benefit is a free and confidential resource, designed to assist you with personal concerns that may be affecting your work performance, your family life, or your overall wellbeing. The EAP is here to help with the everyday issues that come up in your life, including:

- Stress
- Career
- Child and Elder Care
- Death and Grief
- Anxiety
- Financial Problems
- Drug/Alcohol Abuse
- Eating Disorders
- Depression
- Legal Referrals
- Relationships
- Work-Related Issues

What's Available



Up to **7 counseling sessions per year**, available telephonically or face-to-face.

Sessions may also be used for financial counseling.

Child care and elder care search assistance.

What you Need to Know



The EAP is **strictly confidential**.

The EAP is provided by your union, and therefore is **free of charge** to you.

For emergencies and crisis situations, your EAP is **available 24 hours a day**, seven days a week, including holidays.

How it Works



When you call in for a referral, the clinical staff at MINES will assess your situation, discuss plans for resolving your issues, advise you of available resources, and can promptly refer you to a local counselor. You can choose to be scheduled for a face-to-face appointment in an area of your choosing (near your office, near your home, etc.) or you may choose to access your sessions telephonically. You may also choose from the MINES network which includes: Ph.D., LMFT, LPC, and LCSW.