

## Laborers' Support Network

Member Assistance Program (MAP)

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, we are here to help.

MAP benefits are available to eligible members and their dependents at NO COST. The MAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with our care team. *Help is just a phone call away.*

### Services for Employees & Families

#### Confidential Counseling

Up to **8** telephonic counseling sessions per year for relationship and family issues, stress, anxiety, and other common challenges.

#### Work-Life Resources

The MAP is not only for alcohol or substance abuse problems, it can help with everyday issues. We have resources to help with adoption, childcare/eldercare, home repair, moving/relocation services, pet sitters/kennels, tutors, and much more!

#### Outpatient Therapy, Medication Assisted Treatment, & Higher Levels of Care

We can assist in connecting you with the most appropriate level of care at an in-network facility that can save you money.

#### Laborers' Support Portal

Search the health library for articles on emotional wellbeing, physical health and fitness, financial and legal issues, and much more. Explore the training center to help you build skills for personal and professional growth.



**We Are Here to Help 24/7**

**Phone:** 1-800-522-6763

**Visit:** [hmc.personaladvantage.com](https://hmc.personaladvantage.com)

**ACCESS CODE:** MALAB