



Thank you FOR BEING A VALUED MEMBER

Your membership entitles you to a *new benefit* known as the **Member Assistance Program (MAP). There is no enrollment or payment required to utilize this service.**

We have partnered with McLaughlin Young Group, an independent provider of MAP/EAP services. The MAP offers help for personal and/or professional concerns by providing free, confidential, short-term counseling and personal consultation.

Additionally, the MAP provides work-life resources for such issues as legal and financial consultations, online learning, and resources. They also host a variety of helpful seminars.

MAP ALSO HAS A NETWORK OF COUNSELORS that are conveniently located. They can help you improve or resolve personal difficulties whether big or small, personal or work-related.

Some examples of concerns that the MAP addresses include:

- Family conflict & relationship issues
- Depression and anxiety
- Resiliency and coping skills
- Work-related issues
- Grief and loss
- Alcohol or drug use
- Stress
- Legal and financial issues



TAKE ADVANTAGE OF THIS WONDERFUL BENEFIT TODAY!

DOWNLOAD THE MYGROUP APP TO GET STARTED.



CONFIDENTIALITY IS ONE OF THE MOST IMPORTANT FEATURES of the MAP. No one will know that you have used this resource unless you offer that information or unless someone's safety is threatened.

THERE IS NO COST TO YOU FOR YOUR PHONE CALLS OR FACE-TO-FACE VISITS WITH THE MAP. The FVMA covers all expenses for this program. You are eligible to use the MAP immediately.

To seek assistance through the MAP, simply call **704-529-1428** or **800-633-3353**. Your call is important - see how the counseling process works. Visit mygroup.com | Click on My Portal Login | Work-Life | Username: `fvma2021` | Password: `guest`

The MAP staff at McLaughlin Young is available 24 hours a day, seven days a week, ready to assist you. Appointments are available during daytime and evening hours. *The MAP is not designed to evaluate fitness for duty or authorize leave of absences but will provide referrals as needed.*