

Member Assistance Plan

San Francisco Electrical Workers Trust Fund is pleased to offer a Member Assistance Program (MAP) benefits to **ALL** its' members, insured dependents and their household members. It is provided by PacifiCare Behavioral Health (PBH).

The available MAP benefits provide a number of valuable resource and referral services, including child and elder care referrals, legal assistance and financial resources for debt management. You may have other benefits to provide mental health/chemical dependency benefits with PBH as well, depending on your medical insurance coverage.

Unsure about a family situation or stressful relationship at work?

If you or a member of your household is facing an unfamiliar and difficult situation or you don't know where to turn--contact PBH. You can talk to a licensed professional in person at no cost. You have up to five confidential visits to discuss the situation and look for solutions. The counselor will help you figure out what resources you might need or help you or a family member get further treatment. You may access your behavioral health benefits perhaps for depression, anxiety, substance abuse or other similar concerns.

The array of resource and referral services offered by PBH include:

- Child and elder care referrals
- Personal and workplace stress/conflict resolution
- Broad-based community referrals
- Financial resources for debt management
- Legal resources and referral services
- Help finding schools and scholarship money for education

An Important Note to Kaiser Members!

If you access health benefits from Kaiser, your benefits have not changed. You can continue to access mental health and chemical dependency benefits from Kaiser. You have a MAP benefit, too! You also have an additional chemical dependency treatment benefit and Member Assistance Program provided by PBH. Your benefits are described in the Member Brochure or call the number below for more details.

Telephone and Online Access

If you would like to access your MAP benefit from PacifiCare Behavioral Health, you may call 24 hours a day, seven days a week. Furthermore, the PBH website offers a variety of self-help tools and resources to San Francisco Electrical Workers. To access information online, visit www.pbhi.com/labor.

Confidential Member Assistance Program (MAP)
Toll-Free: (877) 225-2267