

Mental Health Tool Box



Did you know your Union has the following benefits in place to assist Insured Members and their eligible dependents with mental health concerns?

Step 1: Member Family Assistance Program (MFAP)

via Homewood Health

Step 2: People Connect (Mental Health Tool)

via People Corporation

Step 3: Substance Abuse Expert (SAE) Program

via Homewood Health (Member Only)

Member Family Assistance Program

- Short-term focused program for those individuals struggling with financial or mental health challenges
- Counselling services are fully confidential
- Wealth of resources available related to life, home & workplace challenges
- For more information or to register online, please visit the website at www.homeweb.ca
- Toll free at **1-800-663-1142**

People Connect (Mental Health Tool)

- Access to mental health forum, assessment tool and a virtual therapist
- Complimentary first session; subsequent sessions are \$75/hour or \$37.50/half hour, payable via credit card and eligible for reimbursement under your benefit plan up to the Psychologist maximum
- For more information, please visit pcpeopleconnect.com or use your mobile phone camera to scan the QR code:



Substance Abuse Expert Program

- For positive pre-access test or self-disclosure, Plan approved program provides coverage for assessment examination, case management and up to \$3,500 per lifetime for treatment costs
- Services available for insured **Members only**
- A Union Designate will meet with Member to complete the SAE referral form and to review the overall process and extent of funding available
- For more information, please contact your Local Union

Coughlin & Associates Ltd.

1-888-204-1234

www.coughlin.ca

ABSMWAdmin@coughlin.ca

Alberta Sheet Metal Workers Local 8

1-780-426-3375 | 1-403-250-1060

www.local8.ca

info@local8.ca