

## *Life can get complicated.*

### **RE: The New Mental Health Solutions Program**



On April 1, 2024 IBEW 8th District Electrical Fund introduced a new service for the membership. This new service is called ***Mental Health Solutions*** (Also referred to as "EAP") and will be administered through Blomquist Hale Solutions.

Blomquist Hale Solutions is a resource to help address a broad range of personal difficulties that may be causing distress. Receive brief, face-to-face counseling to help resolve such concerns as:

- **Marital Difficulties**
- **Family Problems**
- **Stress & Anxiety**
- **Elderly or Child Care**
- **Drug/Alcohol Addictions**
- **Legal or Financial Issues**
- **Grief & Depression**
- **Any Distressing Life Issue**

These counseling services are free, with no copay. They are completely confidential and good for you and your eligible dependents. Visits to Blomquist Hale Solutions service do not count against your mental health benefit.

Most problems are addressed in just a few sessions over a couple of months. However, some types of problems are not appropriately treated by short-term counseling and may require a referral to outside mental health providers. Individuals who wish may still go directly to the traditional Mental Health Benefit as offered by their medical plan.

Most services are available by appointment. Assistance is available for life threatening emergencies 24 hours per day, 7 days per week. To receive assistance, simply call 1-800-926-9619 to make an appointment.

Prevention is always the best medicine. If you or your eligible family members are distressed by any type of life problem, please utilize the expertise made available by this valuable service today.

[Blomquist Hale Benefits Video](#)

Warm Regards,

**800.926.9619**



*We are glad to be here for you.*