



24/7 Support
Free & Confidential
Live Well, Live Balanced, Live Life

Call or Text 800.873.7138 | www.MINESandAssociates.com

What's Included?



Counseling

- **Up to 3 sessions** per life situation*, per year, for **you and each household member**
- **In-person, phone, video, or message-based options**
- **Support** for stress, anxiety, depression, family, relationships, substance use, grief, work issues, career coaching, and more

Work/Life

- **Unlimited** help finding childcare, eldercare, convenience services
- Includes nutrition classes, pet care, and more

Wellness

- **4 sessions** with an accredited personal wellness coach
- **4 sessions** with a parental coach or lactation consultant

What You Need to Know

- **The MAP is strictly confidential.**
- **The MAP is provided by your union and there is *no charge* to you for these services.**
- **For emergencies and crisis situations, your MAP is *available 24 hours a day*, including holidays to assist you anytime.**

When you call in for a referral, the clinical staff at MINES will assess your situation, discuss plans for resolving your issues, advise you of available resources, and can promptly refer you to a local counselor. You can choose to be scheduled for a face-to-face appointment in an area of your choosing (near your office, home, school, etc.) or you may choose to access your sessions telephonically or through digital online messaging. You may also choose from the MINES network which includes: Ph.D., LMFT, LPC, and LCSW.

How to Access

Call or text: 800-873-7138
Email: info@minesandassociates.com
Scan the QR or visit: minesandassociates.com

Use your company code: oe501
to complete online requests for service.



*Per Life Situation: A distinct, separate and new life event. A MINES case manager will review requests for additional sets of sessions. Continuation of counseling is not a separate, distinct and new life event. This guide is for informational purposes only. Contact MINES for further details.