



**Live well, live balanced, live life**



## Counseling

**Free and confidential counseling services** for everyday life situations including stress, anxiety, depression, family situations, drug and alcohol abuse, relationships, death and grief, and work-related topics.



## Work/Life

- Unlimited work/life services** to help find the right service for your needs such as childcare, eldercare, and convenience services including everything from nutrition classes to finding the perfect dog walker.



## Wellness

No matter your wellness goals, MINES can help. You have:

- 4 professional wellness sessions** with a personal coach.
- 4 sessions** of parental coaching & lactation consults.



## What You Need to Know

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

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.



## Your info

As a member of

**Operating Engineers Local 501**,

you and each member of your household have up to **3 counseling sessions per life situation\***, per year.

Digital message-based, telephonic, video, and face-to-face counseling available.

## To Access services:

**Call MINES at 1-800-873-7138**

**Or visit:**  
[minesandassociates.com](http://minesandassociates.com)

**Company Code: oe501**

Your company code is used to register for and complete online requests for service. Log on today to access your services.

**Free & Confidential  
Support 24/7**