

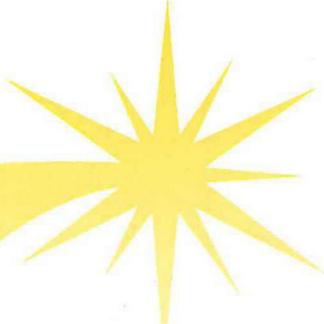
NEED  
HELP?

If you or someone in your family is facing problems that just can't be handled alone, your Benefit Fund's Member Assistance Program can help.

Our multilingual and multicultural staff of trained social workers, counselors and other professionals is ready to help you and your family through any type of personal crisis—especially those that can put jobs in jeopardy.

You never need to worry about what others might say; your Benefit Fund does not disclose any medical, mental health or substance abuse treatment information to anyone, including your employer.

**The Member Assistance Program is available to members of the 1199SEIU Benefit Funds and their eligible dependents.**



## 1199SEIU Benefit Funds

**Member Assistance Program  
1199SEIU Benefit Funds  
330 West 42nd Street  
New York, NY 10036  
(646) 473-6900**

[www.1199SEIUBenefits.org](http://www.1199SEIUBenefits.org)

*This is not the official Summary Plan Description (SPD) of the 1199SEIU National Benefit Fund, the 1199SEIU Greater New York Benefit Fund or the 1199SEIU Home Care Employees Benefit Fund. Please consult your SPD for a full description of your Fund benefits, including limitations and exclusions. In case of conflict between this document and your SPD, the terms of the SPD shall govern.*



July 2016



**Member Assistance Program**

**We can all  
benefit from  
mental health  
support  
sometimes.**



**1199SEIU  
Benefit Funds**



## Counseling/Therapy

Our social workers can help put you back on the right path by assisting you in finding counseling or referrals to programs. Life is full of stresses that can be tough to handle on your own. Whether you're dealing with family problems, life stressors or major life changes, our staff can help.

## Mental Health Issues

Members and their dependents coping with mental health issues such as depression or anxiety, may contact the Member Assistance Program to speak with one of our social workers. Our professional staff will refer you to appropriate providers.

## Other Social Services

Besides providing counseling and support, we can connect you with community resources that can help. We can also help you with other social services—for instance, connecting you and your family to alternative health coverage if you are in danger of losing yours.

Other areas where we can help:

- Referrals to entitlement programs
- Domestic or workplace violence
- Bereavement counseling and other life changes
- Job jeopardy (early intervention before job loss)

## Behavioral Health and Alcohol/Substance Abuse

If you need help for behavioral health problems or alcohol or substance abuse, the Member Assistance Program will help get you the care you need—whether it's counseling, outpatient treatment or even an inpatient hospital stay. If you are troubled by a problem that is not mentioned above, call the Member Assistance Program at (646) 473-6900 for a consultation. Remember, the Member Assistance Program is here when you need help. All health coverage information is kept strictly confidential under the Health Insurance Portability and Accountability Act (HIPAA).

## Inpatient Behavioral or Alcohol/ Substance Abuse Treatment

If you need to be hospitalized, the Member Assistance Program will help coordinate your care. If you need emergency hospitalization, you must contact 1199SEIU CareReview at (800) 227-9360 within 48 hours for approval.

## Health, Mind and Body Workshops

Keep your mind and body fit with our health and well-being workshops.\* Learn valuable coping techniques to manage life's stresses in a healthy way. For information about the workshop schedule, call the Member Assistance Program at (646) 473-6900 or email [Wellness@1199Funds.org](mailto:Wellness@1199Funds.org).

**To let us know whether you plan to attend a scheduled workshop, please call (646) 473-8960, option 2.**

*\*Workshops are provided by Worksite Medical Services, P.C.*

