What is a Members Assistance Program (MAP)?
The MAP is a free and confidential assistance program that provides supportive counseling, information and resources for members and their families.

Why offer this service?
Studies have shown that by helping members to address their personal troubles, companies are able to reduce problems such as absenteeism, extra costs, lost wages and decreased productivity. It’s a win-win situation for everyone!

Who provides this service?
The MAP is administered by Employee Resource Systems (ERS), a Chicago-based company with a national network of counselors – available to provide in-person or telephone support.

Who can use this service?
The MAP is available to all participants and their immediate family members, including a spouse (or significant other), children and older adult parents.

Is the Members Assistance Program confidential?
Yes, this service is confidential. Everyone at the MAP is legally and ethically bound to maintain the confidentiality of all of its clients. Exceptions exist for any threat-to-safety situations such as child abuse.

How do I get started?
The first step is to call the MAP at 800-292-2780. You will be connected with a MAP counselor on the phone who will talk with you and then schedule an appointment.

How much does it cost?
There are no charges for use of the MAP. Members and their families are eligible to receive up to three in-person counseling sessions per issue or problem.