

EMPLOYEE ASSISTANCE PROGRAMS

Are you having difficulties in your life resulting from marital or financial issues? How about drug and alcohol or gambling problems, stress, depression or other emotional difficulties?

HELP IS AVAILABLE!

Participants working for a contributing employer in the Welfare Plan have access to an Employee Assistance Program that offers guidance and direction to those who need help with these and other issues.

For members of Indiana Locals 41, 81 and 645, *Perspectives* is offered through the BCRC (Building Construction Resource Center). For members of all other Indiana Locals, the *Methodist Assistance Program* is offered by Methodist Hospital of Indiana. Both are free of charge. The programs are staffed by qualified and experienced professionals in many fields and they are eager to help you deal with problems. Any interaction with these Plans is strictly confidential and conducted in accordance with Federal regulations.

Most people at one time or another in their lives encounter difficult situations that can be overwhelming. Seeking assistance is nothing to be ashamed of or hesitant about. If you think you could benefit from some outside help, make the call!

Perspectives can be contacted at:

Helpline 1-800-456-6327 Web www.perspectivesltd.com

The *Methodist Assistance Program* can be contacted at:

Helplines 1-317-962-2622 Web www.methodistassistanceprogram.org

1-800-745-4838 Location I-65 at 21st Street, Rm C-100

Indianapolis, IN 46206-1367

Business 1-317-962-2690

**** Indiana Locals 561, 795 and 1325 DO NOT participate in the MAP or BCRC programs.**