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# SHEET METAL WORKERS' LOCAL UNION NO. 28 FUNDS AND PLANS METROPOLITAN NEW YORK AND LONG ISLAND

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Dear Member,

The Trustees of the Sheet Metal Workers' Local 28 Union Welfare Fund understand that it is sometimes difficult to balance work and life demands. That is why we have partnered with Beacon Health Options to bring you Beacon Wellbeing, a free Member Assistance Program (MAP). These services are in addition to the Mental Health and Substance Use Disorder benefits that are currently being provided by Beacon, the SMART MAP program under the direction of William Salvatore, and the MAP services that were recently transitioned to Local 28 and continue to be administered by Molly Sage.

The Beacon Wellbeing MAP is a confidential resource that provides personalized information, referrals, and support. MAP experts are available to help you:

- Manage anxiety and stress
- Address relationship troubles
- Look after your loved ones by providing referrals to resources
- Deal with financial issues such as budgeting, debt, or tax questions
- Find legal advice

The Member Assistance Program is available anytime at no cost to you or your household members. You can access referral resources 24/7 online at [local28.mybeaconwellbeing.com](http://local28.mybeaconwellbeing.com) or by phone at (855) 748-3121.

You, and each household member, have as many as five sessions per issue per year to help you navigate life event or reach a personal goal.

Benefits include:

- **Online resources and information.** The Beacon Wellbeing website offers access to information based on your needs and interests including self-help articles, videos, and other resources. You can also self-schedule a video or phone appointment with a counselor. Visit [local28.mybeaconwellbeing.com](http://local28.mybeaconwellbeing.com).
- **Short-term Counseling and Support services.** Call (855) 748-3121 to be referred to a Beacon Wellbeing expert in stress management, grief and loss counseling, work/life balance, substance use concerns, and more.
- **Referral services.** MAP experts can provide referrals to carefully screened professionals in your area. You can call or search on [local28.mybeaconwellbeing.com](http://local28.mybeaconwellbeing.com) to receive referrals for local counselors, child and adult care providers, financial advisors, and attorneys.

195 MINEOLA BOULEVARD • MINEOLA, NEW YORK 11501  
TEL: (516) 742-9478 • FAX: (516) 742-6360

Beacon Wellbeing is ready when you are. You can choose how you want support – by video, phone or in person. Visit [local28.mybeaconwellbeing.com](http://local28.mybeaconwellbeing.com) to get started.

Sincerely,

Board of Trustees

Sheet Metal Workers' Local Union No. 28 Welfare Fund

## Covered services

Covered services include mental health and substance use disorder services deemed clinically appropriate and medically necessary. Services may require preauthorization. Covered services may include:

- Inpatient admission
- Partial hospitalization programs
- Outpatient visits
- Psychological testing
- Psychiatric medication evaluations
- Ongoing support

## Online resources

You can find information to help improve your health, manage life events, as well as search for providers in your area.

## Privacy is a priority

Your personal information is kept private as required by state and federal laws. No one will know you have accessed the program services unless you grant permission or express a concern that presents a legal obligation to release information (for example, if it is believed you are a danger to yourself or to others).

## Contact us

 [local28.mybeaconwellbeing.com](http://local28.mybeaconwellbeing.com)

 855-748-3121

*This brochure is for informational purposes only and does not guarantee eligibility for program services. Beacon Health Options services do not replace regular medical care. In an emergency, seek help immediately.*



## Sheet Metal Workers' Local Union No. 28 Welfare Fund Mental Health and Substance Use Disorder and Member Assistance Programs administered by Beacon Wellbeing

The new MAP program offers confidential counseling, support, and referral for work, life, and mental wellbeing



Everything in life affects your wellbeing. When you're healthier, you're happier. When your friendships and family relationships are strong, you feel less lonely. And when your finances are in order, life isn't so stressful.

Meaningful engagement with your Beacon Wellbeing expert can help you make changes to improve your overall wellbeing, navigate life events, and reach your goals.

## How it works

Go online or call the toll-free number on this brochure any time. Beacon Wellbeing professionals are available to help to identify your issue and guide you to the appropriate support.

## Member Assistance Program (MAP)

**There is no cost to you.** Your Welfare Fund covers the cost for you and your household members. That means no bills, no co-pays and no surprise fees.

## Counseling services

Talk with a licensed counselor for support with issues such as managing stress, strengthening relationships, work/life balance, and grief and loss.



MAP COUNSELING  
SERVICES INCLUDE:

**5 no-cost sessions**



**Choose how  
you want  
support—  
by video,  
phone, or in  
person**

## Legal and financial services

Talk to a financial or legal expert for consultations and discounts on services provided for divorce, real estate issues, debt management, and budgeting.

## Work/life services

Obtain professional resource and referral services related to child and eldercare, education, growing families, consumer resources, home maintenance and repair, and daily living resources.

## Mental Health and Substance Use Disorder (MHSUD) program

You may also be eligible for mental health and substance use disorder benefits. The program provides counseling services for mental health and/or substance use disorder issues on an inpatient or outpatient basis which requires co-pays as defined by your benefit.

Beacon Wellbeing provides short-term, solution-focused help while MHSUD benefits provide longer-term treatment.