



MHC Care Managers will help guide you along the way.

Help is readily available for you and your family members who may suffer from a substance use disorder, anxiety, depression, or any other behavioral health concerns.

You will be seen by experienced professionals who will give you the best possible care and attention.

Close monitoring, continued follow-up and ongoing support are included, assuring you of a positive treatment experience.

MHC is available 24/7 for crisis or emergency situations.

About MHC

MHC was established in 1980. We serve businesses and unions of all sizes throughout the United States and globally. MHC provides quality, confidential services to help employees and their families maintain balance between work and home.

LOVE YOUR LIFE

Stress and problems making life difficult at home or at work? MHC can help.

Call 800-255-3081



1501 Lower State Road
Building D, Suite 200
North Wales, PA 19454

www.MHConsultants.com



Behavioral Health Benefit



EASTERN ATLANTIC STATES
CARPENTERS FUNDS

When feelings of stress, grief, anxiety or sadness start to mount up, it can affect your personal life and may even affect your work performance.

MHC is here to help.

Your Behavioral Health benefits are administered by MHC.

This Eastern Atlantic States Carpenters Funds benefit is available to eligible members and their covered dependents.

MHC has been serving union members and families for more than 40 years. We are committed to helping you find solutions that can help you deal with the challenges of busy lives – solutions that get results quickly, conveniently and confidentially.

MHC is a confidential information, referral and case management service that matches individuals in need of assistance with appropriate behavioral healthcare professionals. Calling MHC can be your first step in finding a better way to take charge of your life and return to an increased level of wellness.



When to Contact MHC

Consider using MHC when a problem:

- Occupies too much of your time
- Interferes with normal activities
- Persists for more than 2-3 weeks

Typical concerns may include:

- Stress
- Anxiety
- Depression
- Grief/Loss
- Relationship Problems
- Substance Use
- Life Transitions
- Anger Management

MHC is committed to enhancing the quality of life and wellness for the diverse population we serve. We rely on our comprehensive and seamless provider network of quality healthcare professionals, including psychiatrists, psychologists, social workers and counselors who can address a wide variety of family and workplace needs. In addition, MHC has a working relationship with numerous hospitals and specialty facilities that provide services at reduced fees to Eastern Atlantic States Carpenters Funds members and their dependents.

How does MHC work?

- 1 Call MHC at 800-255-3081**
Help begins as soon as you make the first call.
- 2 Intake**
An MHC Care Manager will listen to your concerns and conduct a phone or telehealth consultation. Eligibility and benefits will be reviewed and appropriate options recommended.
- 3 Referral**
MHC will coordinate your referral to an MHC preferred provider and can also assist with scheduling. Appointments are available in-person or via telehealth.
- 4 Ongoing Case Management**
MHC is your advocate to make sure that you receive quality care. We are available to support you throughout this process.
- 5 Cost**
You or your family member are only responsible for your coinsurance as long as you use an MHC in-network provider. MHC will assist you in determining these costs. The claims are forwarded to MHC and then to the Eastern Atlantic States Carpenters Funds for payment.
- 6 Goal**
We want you to LOVE YOUR LIFE.

