



LOVE YOUR LIFE

Employee Assistance Program:
800-255-3081

Work-Life Services:
866-607-4538

Balancing work with everyday life can be challenging at times

That's why we provide you and your family with access to support through the Work-Life Resource and Referral Program.

Access is easy and available anytime, any day! No matter when, no matter where, you and your family have access to professional support.

You can call to get started.
Toll free: 866-607-4538
TTD/TTY: 866-228-2809

Or you can go online to the MHC website and click on the Work-Life Services button to find useful resources, links, articles, and interactive tools. Special features include LiveCONNECT that allows you to instant message a Work-Life Consultant, a Savings Center where you can shop name-brands at discounts of up to 25%, and Financial and Daily Living Calculators for a variety of practical applications.

www.mhconsultants.com
Username: AFSCME
Password: DC47

The Work-Life Program is staffed by professionals who are experts in such fields as well-being, family matters, relationships, debt management, employment issues, and consumer rights. The information you receive from them will be accurate and up-to-date.



Get expert help finding child care, elder care, and many other services.

Get referrals for:

Child Care

- Choosing child care
- Summer or holiday care
- Special needs child care
- Community resources

Adult Care

- Care for older adults
- Special needs adult care
- Medicare and Medicaid
- Caregiver support

Career

- Skill building
- Stress management
- Transition & relocation

Daily Living

- Health and wellness
- Pet care
- Community resources
- Legal & financial issues

Education

- Colleges & universities
- Financing
- GED/vocational
- Tutors and test prep

Parenting

- Adoption
- Pregnancy & infertility
- Talking to teenagers

Your Employee Assistance and Work-Life Benefits

Everyday life can move fast, and sometimes we need a little help staying on track. If you're experiencing difficult emotions or tackling a tough situation, we're here to support you. MHC offers a free, confidential Employee Assistance Program designed to put your needs first.

Your Work-Life Resource and Referral Program assists you in finding services you may need to manage everyday work, personal and family demands, such as child care and financial concerns.

Help is always confidential and available whenever you need it.



These services are a free benefit from AFSCME DC47 Health & Welfare Fund and are provided through MHC.



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 Employee Assistance Program is provided through MHC

Living life to the fullest can be challenging. Life is filled with change and uncertainty. Everyday responsibilities and demands on our time can feel overwhelming.

This AFSCME DC47 Health & Welfare Fund benefit is available to all eligible participants and their dependents.

MHC is a confidential information and referral service that matches individuals in need of assistance to appropriate behavioral healthcare professionals.

Your Employee Assistance Program is a starting point for getting help with personal difficulties that are overtaking your life and the lives of your family members.

Get confidential assistance for:

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

We connect you to professionals who want to help

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 psychologists, social workers, and counselors who can address a wide variety of family and workplace needs.

If you or a family member want assistance, call MHC to get started. You can LOVE YOUR LIFE!



Compassionate and confidential support for participants and their families.

Here's how it works:

- 1 Call MHC at 800-255-3081**
Help begins as soon as you make the first call.
- 2 Initial Consultation**
An MHC Care Manager will listen to your concerns and conduct a phone consultation. You may be offered a variety of suggestions such as a referral to a support group, community resources, or counseling.
- 3 Referral for counseling**
If counseling is suggested, 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 Care Management**
MHC is your advocate to make sure that you receive quality care. We are available to support you throughout this process.
- 5 Cost**
Up to eight (8) EAP counseling sessions are FREE. If you continue with treatment, you or your family member may incur costs. MHC will assist you in determining these costs.
- 6 Goal**
We want you to LOVE YOUR LIFE.



**Help is available.
Don't wait another day.
You can LOVE YOUR LIFE!**

Help is readily available for you and your family members who may suffer from substance use, emotional concerns or psychological problems.

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.