



Your Member Assistance Program Benefits

Provided by



Your MAP Benefit

- Is 100% confidential
- Covers **four** virtual, face-to-face, or telephonic sessions with a counselor, per person attending
- Services are accessible 24/7/365
- Access to additional resources such as legal, financial, support groups, housing, etc.
- Sessions are renewable as long as you have a two-month break in counseling

Work/Life Services

To access online resources, please visit www.mseap.com and click "Member Login" in the top right corner. Use the access code **MAP** to sign in, or create your own account. Live Chat is also available on the website!

When can the MAP help?

Mazzitti & Sullivan is here to help you through many difficult situations, including but not limited to:

- Marital & Family Related Issues
- Children & Adolescents
- Anger, Stress, & Time Management
- Grief & Loss
- Alcohol & Substance Abuse
- Elder Care Concerns
- Domestic Abuse
- Addictions
- Job-Related Stress

Frequently Asked Questions

When should I use my MAP?

Anytime! If you or your family are experiencing a difficult time in areas of stress, anxiety, depression, family-related issues, substance abuse, or any other problem area, we are available 24/7.

Who is covered?

Any eligible MAP member that has this coverage through MPB Health.

Questions?

Call **1-800-543-5080**

TTY/TDD **1-855-264-3248**

www.mseap.com