

## *Do you need some help?*

- . Anxiety
- . Depression
- . Stress
- . Addiction
- . Relationships
- . Trauma
- . Family/Child
- . Grief

## CALL THE MEMBER ASSISTANCE PROGRAM (MAP)

800-280-3782

### What is the MAP?:

- Talk with a professional licensed therapist
- In-person, telephone, or virtual sessions available
- 3 Sessions FREE
- CONFIDENTIAL
- All household members are covered

### How do I get help through the MAP?:

- Call 800-280-3782\*
- Speak with a customer service representative
- Receive referrals to therapists
- Schedule an appointment with a therapist
- See the therapist for 3 free sessions
- Therapists available through insurance for additional sessions

*You are not alone – Please get help if you need it!*

No problem is too big or too small. Customer Service is standing by to assist you, so please take that first step and call your Member Assistance Program at 800-280-3782 to get help TODAY.

\*8am-5pm PST for referrals, 24hrs/7 days for crisis



BEHAVIORAL HEALTHCARE  
OPTIONS, INC.<sup>SM</sup>

