

## Member Assistance Program Bulletin

This information is provided to Local 1262 members as part of our Member Assistance Program (MAP) which provides services and information for members and their families on issues confronting them off-the-job.

### Stress, Mental Health, Addiction & Domestic Violence Resources



Members who are eligible for Mental Health & Substance Abuse Disorder Benefits should contact Beacon Health @ 800-843-5503 for a list of in-network providers. If you need to visit a provider, Telemedicine sessions are available. For more information & additional resources please go to: [www.achievesolutions.net/ufcw1262](http://www.achievesolutions.net/ufcw1262)

*Members who are not eligible for Mental Health Benefits can access the many services listed below.  
(Note: Call 9-1-1 only for an emergency)*

#### NEW JERSEY RESIDENTS

- The NJ Department of Human Services operates toll-free 24/7 “warm lines” for people seeking mental health services. They do not replace 911 and are not to be used for emergencies. Call 1-866-202-4357 (HELP) Service is provided by NJ Mental Health Cares. <https://www.mhanj.org/covid-19/>
- 2-1-1 — Members or their families who are experiencing stress can call 2-1-1, a hotline operated by the United Way that has live operators on hand to put you in touch with appropriate resources. For other mental health hotlines go to <https://www.nj211.org/covid-19-and-mental-health>
- For general information & basic needs, dial 2-1-1. For alerts/updates, text NJCOVID to 898-211. The 2-1-1 website is comprehensive & includes basic needs. <https://www.nj211.org/coronavirus-covid-19>
- Addiction Hotlines 844-276-2777 or 800-238-2333 (treatment for uninsured & underinsured individuals)

#### NEW YORK RESIDENTS

- COVID-19 Emotional Support Hotline for mental health counseling @ 1-844-863-9314 is for people living in New York who are experiencing COVID-19 related stress.
- NY Office of Mental Health COVID-19 Resource Guide <https://omh.ny.gov/omhweb/guidance/covid-19-managing-stress-anxiety.pdf>
- New York State HOPEline 1-877-846-7369. All calls are toll-free, anonymous, and confidential. This is a 24-hour counseling hot-line for anyone seeking help with alcoholism, problem gambling, drug abuse.
- NYC WELL 1-888-NYC-WELL (1-888-692-9355) is a private & confidential 24-hour abuse helpline for people struggling with depression, stress or drug and alcohol misuse. <https://nycwell.cityofnewyork.us/en/>
- 2-1-1 - NY State residents can also dial 2-1-1, 888 696-9211, or click below. <http://www.211wny.org/resources/coronavirus-disease-2019-covid-19/>



#### PENNSYLVANIA RESIDENTS

- Pennsylvania Mental Health Resources <https://www.pa.gov/guides/mental-health/>

#### NATION WIDE RESOURCES

- Substance Abuse and Mental Health Services Agency (SAMHSA) 24/7 Helpline 800 662-4357 (HELP) Tips for Social Distancing, Quarantine, and Isolation During An Infectious Disease Outbreak <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- Domestic Violence Hotline, Website & Internet Safety Service National Domestic Violence Hotline 1-800-799-7233 (SAFE) <https://ncadv.org/get-help> If you are in immediate danger, call 9-1-1. <https://www.thehotline.org/plan-for-safety/internet-safety/>

For additional resources visit Local [www.ufcw1262.org](http://www.ufcw1262.org) and review our *Interactive MAP Resource Guides for NJ, NY & PA*

**Harvey While, President**

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