

Help is available through your EAP!

For eligible Active Hotel Bargaining Unit Participants

AFL Hotel and Restaurant Workers Health and Welfare Trust Fund



1. WHAT IS THE EMPLOYEE ASSISTANCE PROGRAM?

Employers and Unions recognize that personal problems can interfere with an employee's work and peace of mind. From time to time, each of us can use some assistance in coping with life's problems. The EAP is a short-term confidential counseling and support service which can assist you in identifying problems that may be interfering with your job or personal life and help you resolve them. The EAP can help with:

- Marital/relationship issues
- Depression, anxiety, stress
- Financial or legal referrals
- Interpersonal difficulties (friends, co-workers)
- Concerns regarding children/adolescents
- Eldercare referral
- Substance misuse (alcohol and other drugs)
- Other personal issues/concerns

Employees are eligible for up to six (6) sessions per calendar year. An employee's dependent is eligible for up to four (4) sessions per calendar year. There is no cost to you or your family members for this service. If additional counseling or other services are needed, a referral will be made to an appropriate community resource or a provider that accepts the employee's medical insurance.

2. HOW TO GET STARTED AND OBTAIN EAP SERVICES:

Call the EAP at **(808) 597-8222**. (Toll-free at (877) 597-8222.) The EAP will arrange for a counseling session with a local provider in their network, or for a legal, financial, or eldercare consultation. Convenient video or telephone sessions are available (as is face-to-face counseling) with our providers across the Hawaiian islands.



3. WE ARE HERE FOR MAUI

We have been assisting people on Maui impacted by the wildfires since day one, and will continue to support local Maui Participants and their eligible family members as the island and its people recover. ◀ **COUNSELING** ▶ We are providing emotional support, mental health support, and family support to impacted workers. We can help with urgent matters (if you or your loved ones have thoughts of despair or self-harm) all the way to just providing a neutral, professional listening ear. ◀ **FINANCIAL** ▶ We are also here to provide a 30-minute financial consultation to those impacted by the fires as people sort out their financial challenges. ◀ **LEGAL** ▶ We provide a 30-minute legal consultation to those trying to figure out their legal options and dealing with other challenges (immigration issues, landlord/tenant issues, family law, etc.). ◀ **ELDERCARE** ▶ Call for a consultation about resources for elderly parents or relatives. ◀ **CALL US** ▶ Call us if we can help or if you have any questions about your EAP benefits!!

Each covered member may access up to six (6) confidential counseling sessions per year at no cost to you with one of our 75 counselors across Hawaii, and each family member in their household can access an additional four (4) sessions annually. In addition, you can access a legal, financial, and eldercare consultation at no cost. All you have to do is call your EAP to set up a convenient appointment. Neighbor Island Trust Fund Eligibility Questions: Call toll-free at 866-772-8989 during normal business hours or email hiaflinfo@brmsonline.com

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