

**TENNESSEE  
MEMBER ASSISTANCE PROGRAM**

Susan Gillpatrick, MEd, LPC, CTS  
Director, MAP EAP Services  
susan.gillpatrick@centerstone.org  
615-269-0980 (Direct Office)  
615-651-0676 (Emergency Hours)

Ashley Dwire MA  
Government Relations/MAP EAP  
adwire@tnaflcio.org  
615-269-7111

**Confidential Inquiry Email**  
member-eap@tnaflcio.org

**Questions about service or  
workshops?**  
615-269-0980 (Nashville Area)  
800-752-4929 (TN Only)  
615-269-8647 (Fax)

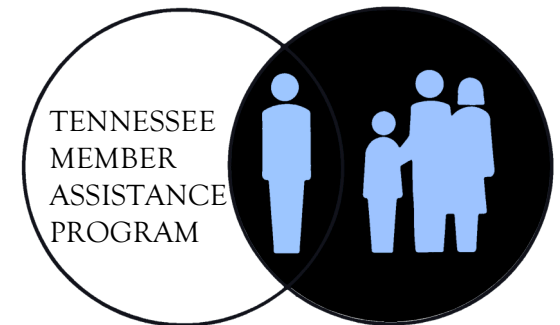


**TENNESSEE MEMBER ASSISTANCE PROGRAM**

1901 Lindell Avenue  
Nashville, TN 37203



**TENNESSEE  
MEMBER  
ASSISTANCE  
PROGRAM**



In the course of one's career, an employee may experience situations that affect his or her capacity to perform well on the job. These experiences while personal in nature can manifest in the workplace as issues that affect performance, attendance, or conduct.

The member assistance staff understands the issues that face many employees today. MAP consultations are:

- Voluntary
- Confidential
- Available at no cost

MAP provides assessments and short-term, solution focused treatment for employees or dependents. Employees can contact MAP directly. If additional help is needed, MAP will help locate resources for ongoing assistance. Many referrals are covered by your health care insurance.

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## 24 HOURS A DAY, 7 DAYS A WEEK

615-269-0980 (Local)  
1-800-752-4929 (TN Only)

**Program Website**  
[www.tnaflcio.org](http://www.tnaflcio.org)

**Confidential Email Inquiry**  
[member-eap@tnaflcio.org](mailto:member-eap@tnaflcio.org)

Life moves fast. These days it seems like everyone is asked to do more in less time and with less help. With all you have to do, it can be hard to focus on everyday matters, let alone issues that are difficult to control, such as:

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- ALCOHOL / DRUG ABUSE
  - FAMILY/STRESSORS
  - MARITAL & RELATIONSHIP PROBLEMS
  - LOSS/GRIEF
  - EATING DISORDERS
  - GAMBLING / COMPULSIVE SPENDING
  - VIOLENCE PREVENTION
  - DEPRESSION/ANXIETY
  - STRESS MANAGEMENT
  - ANGER MANAGEMENT
  - LEGAL PROBLEMS
  - FINANCIAL STRESS
  - CAREGIVER STRESS

## Tennessee Member Assistance Program provides

- Assessment, Treatment, and Referral to Service Providers
- Confidential Counseling Services
- Care Coordination/Access to Treatment Services
- Wellness and WorkLife Educator
- Follow-up Services

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## LOCAL WORKSHOPS

Counselors from the Member Assistance Program are also available to visit your local and/or workplace to provide the following presentations:

Introduction to Member Assistance

Signs and Symptoms of a Troubled Colleague

Stress Management/Coping Skills for Members