



Member Assistance Program

24 Hours a day, 7 Days a week

April Tyson,
LPC-MHSP, MAC, SAP, CEAP

TMAP Director

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MAP | Tennessee AFL-CIO Labor Council
(tnaficio.org)

Confidential Email
member.eap@gmail.com

**Questions about service
or workshops?**

AFL-CIO Office:

(615) 269-0980 (Nashville)

1-800-752-4929 (TN)

(615) 269-8647 (Fax)

www.tnaficio.org



**Cornerstone
of Recovery**
A BRADFORD University Company



cumberland heights

TENNESSEE MEMBER ASSISTANCE PROGRAM
1901 Lindell Avenue
Nashville, TN 37203

Member Assistance Program

Assessments and short-term,
solution focused treatment for employees
or dependents dealing with issues
that effect their life and work.



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 and 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.

GIVE US A CALL

Call anytime
to ask questions or
to get scheduled.

615-651-0676

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:

- Personal or Family Stress
- Alcohol or Drug Abuse
- Loss/Grief
- Marital & Relationship Problems
- Depression/Anxiety
- Workplace Conflict
- Gambling/Compulsive Spending
- Supervisor Referral
- Anger Management
- Legal or Financial Issues
- Caregiver Stress



Member Assistance Program provides

- Phone or Face-to-Face Consultation
- Assessment & Referral to a Professional or Facility
- Confidential Counseling Services
- Coordination of Care & Follow-up
- Wellness and Work-Life Education

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

