TENNESSEE MEMBER ASSISTANCE PROGRAM
1901 Lindell Avenue
Nashville, TN 37203
SKILLS FOR MEMBERS
STRESS MANAGEMENT/COPING
Signs and Symptoms
Introduction to Member Assistance

The following presentations:

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

that are difficult to control, such as:

- Focus on everyday matters, let alone issues
- With all you have to do, it can be hard to
- To do more in less time and with less help.

These days it seems like everyone is asked

LIFE MOVES FAST

by your health care insurance.

needed, MAP will help local resources for ongoing assistance. Many referrals are covered

for employees or dependents. Employees can contact MAP directly. Additional help is

available at no cost. MAP provides assessments and short-term solution-focused treatment

issues that many employees today. MAP counselors are volunteers, confidential and

Performance, attendance, or conduct. The member assistance staff understands the

experience, whether personal or family. Issues that affect personal and workplace well-being.

In the course of one’s career, an employee