

Mental Health Tool Box



Did you know your Union has the following benefits in place to assist Insured Members and their eligible dependents with mental health issues?

Step 1: Member Family Assistance Program (MFAP)
via Aspira

Step 2: People Connect (Mental Health Tool)
via People Corporation

Step 3: Drug & Alcohol Rehabilitation (DARP) Program
via Aspira (Member Only)

Member Family Assistance Program

- Short-term focused program for your mental, emotional, physical and financial health.
- Counselling services are fully confidential
- Wealth of resources available related to life, home & workplace challenges
- For more information or to register online, please visit the website at www.aspiria.ca
- iAspira Mobile Code: **ACRC**
Online User ID & Password: **ACRC**
- Toll free at **1-877-234-5327**



People Connect (Mental Health Tool)

- Access to mental health forum, assessment tool and a virtual therapist
- Complimentary first session; subsequent sessions are \$75/hour or \$37.50/half hour. Eligible for reimbursement under your annual paramedical maximum, and if needed, the first \$500 of coverage can be directly billed to the Administrator.
- For more information, please visit pcpeopleconnect.com/ACRC or use your mobile phone camera to scan the QR code:



Drug & Alcohol Rehabilitation Program

- The Plan provides up to a maximum of \$5,000 towards assessment, treatment and case management costs
- Services available for insured **Members only.**
- A Union Designate will meet with Member to complete and submit the "Authorization to Disclose Information" consent form to begin the process. An appointment is set typically within 3-5 business days with an Addiction Specialist.
- Send completed consent form to Eric Rubel at erubel@aspiria.ca.
- For more information, please contact your Local Union

Coughlin & Associates Ltd.

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**Atlantic Canada Regional Council of
Carpenters, Millwrights and Allied Workers**

**Please contact your Local Union directly for more
information.**

www.acrc.ca