

# 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 HumanaCare (formerly Aspiria)*

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

**Step 3: Drug & Alcohol Rehabilitation (DARP) Program**  
*via HumanaCare (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 [humanacare.com/humanalife](https://humanacare.com/humanalife)
- HumanaCare APP Code: **ACRCC**  
Access Code: **ACRCC**
- 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](https://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@humanacare.com](mailto:erubel@humanacare.com).
- For more information, please contact your Local Union

**Coughlin & Associates Ltd.**

**1-888-204-1234**

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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](https://www.acrc.ca)