

## Behavioral Health / Member Assistance Plan (MAP) Overview



*Life presents us with challenges at work and at home on a daily basis.  
You do not have to face these challenges alone, even if you're far away.*

### The MAP Can Help with Almost Any Issue

MAP services are available to all members and their enrolled dependents at NO ADDITIONAL COST. Help is just a phone call away. The MAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with a consultant.

### MAP Services for Employees and Families

#### Confidential Counseling:

Up to 4 face-to-face, video or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.

#### 24-hour Crisis Help:

Toll-free access for you or a family member experiencing a crisis.

#### Tess, AI Chat-bot:

24/7 chatbot for emotional support and check-ins to boost wellness. Text "Hi" to **+1 650 825 9634** to get started.

#### Peer Support Groups:

Online support groups for addiction, depression, bipolar and anxiety.

### Access Counseling and Service Information

**Call: 833-369-0909**

#### Wellbeing Portal:

- Visit [ibhsolutions.com/members](https://ibhsolutions.com/members)
- Select AB benefit provider logo
- Click on Member Login to sign into the Wellbeing Website
- Register using Company Name: ONESHARE
- Create a Username and Password

### Online Resources at [ibhsolutions.com/members](https://ibhsolutions.com/members)

#### [ibhsolutions.com/members](https://ibhsolutions.com/members):

Access life-balance and wellbeing resources, monthly webinars, newsletters, and more.

#### MAP App:

Easy access to information about the MAP, upcoming events and resources (search for "IBH Mobile" in the App Store).

Member Assistance Program (MAP) is not a shared service and is not owned or operated by OneShare Health, LLC, but made available to OneShare Members by Integrated Behavioral Health Solutions (IBH).

# Your MAP provides a wide range of work-life balance services to help you survive a variety of challenges

## **Childcare Services:**

Childcare professionals provide information and support on parenting, school issues, adoption, college planning, teenager challenges, summer camps, daycare, and other important issues for parents.

## **Adult and Eldercare Services:**

Specialists assist in finding quality information and services including transportation, meals, exercise, activities, prescription drug information, in-home care, daytime care, and housing.

## **Online Legal Forms:**

Create, save, print, and revise online legal forms including wills, contracts, leases, and many more.

## **Legal Services:**

Access a free, half-hour consultation, by phone or in person, for any non-work related issue, followed with a 25% discount in legal fees.

## **Financial Help:**

30 consecutive days of free phone consultations for debt counseling, budgeting, college/retirement planning, and taxes, including 25% off certified public accountant services for tax preparation.

## **Mediation Services:**

Request free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate.

## **Home Ownership Program:**

Get free support and information about making smarter choices when shopping for a new home, making financing decisions, relocating, or selling a home.

## **College Planning Program:**

Access a free 15-minute consultation with a college planning specialist to assist with SAT/ACT prep, scholarships, grants, financial aid and other college related issues followed by a 30% discount in program fees.

## **Identity Theft Services:**

Access support in planning the recovery process or restoring your identity and credit after an incident.

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