

Three convenient TeamstersCare locations to meet

Charlestown Office



Chelmsford Office



Stoughton Office



**TeamstersCare**  
**TeamstersCare EAP**  
**1-800-851-8326**



# Struggling?

TeamstersCare EAP Can Help

Call EAP today for  
confidential assistance at  
**1-800-851-8326**



Your  
TeamstersCare  
Employee  
Assistance  
Program



April, 2018



## What is the TeamstersCare Employee Assistance Program – EAP?

TeamstersCare EAP is a wellness resource for advice or guidance which is available to TeamstersCare members, retirees, and their families.



### Available Services

- Short-term counseling sessions (up to 3 visits)
- Assessment and referral
- Case management
- Addiction Issues

### TeamstersCare EAP Is:

- Strictly confidential; no information about you is reported to anyone without your written consent
- Provided to you at no charge
- Available to you by phone or in person, at a convenient location

## Other Services

### Advice or guidance with:

- Personal problems
- Family & relationship issues
- School advocacy
- Health concerns
- Alcohol or drug problem
- Financial or legal concerns
- Domestic violence
- Depression
- Loss of motivation or trouble concentrating
- Panic, anxiety, emotional stress
- Grief counseling-loss of a loved one
- Life events-births, accidents, death
- Job stress or job loss
- Child emotional issue
- Child autism issues
- Concerns about aging parents
- Any problematic behavioral issue

**We're here to help – no problem is too big or too small.**

**Call us at 1-800-851-8326**



## TeamstersCare R.A.F.T. Program (Referral And Follow-up Team)



### R.A.F.T. is:

- Alcohol/Substance Abuse Recovery Program
- Developed by Teamsters to help fellow Teamsters

### Join us for a meeting...

- Wednesday evenings at the Charlestown Teamsters Local 25 Union Hall

Or

- Saturday mornings at the Stoughton TeamstersCare Office

*If you use because you want to, that's your business...*

*If you use because you have to, we're willing to make it our business.*

**1-800-851-8326**



[www.teamsterscare.com](http://www.teamsterscare.com)

