

Confidential Help With Alcohol And Other Drug Concerns

The **Be Drug Free** Employee Assistance Program (EAP) is a confidential, free service designed specifically for Local #2 members and their dependents as well as employees of the SMACNA member contractors and their dependents who may need assistance with substance abuse questions and concerns. The program is easy to use and has a number of components.

Program Services

- **24/7 Availability.** Masters-level, licensed counselors will take your call, live 24 hours a day to offer immediate answers to your questions, offer information, and if needed, help schedule a face-to-face appointment with a substance abuse counselor in your area.
- **Counseling and Guidance.** The EAP provides short-term face-to-face counseling, guidance, and referrals to treatment from experienced substance abuse professionals. All the EAP counselors are, at a minimum, Masters-level and licensed in their particular discipline. You will truly appreciate their care, concern, and supportive availability.
- **Interactive Web Site.** Visit www.alternativesEAP.com. (To login, use Sheet Metal Workers or SMACNA for the **Company Name** and 8282 for the **Access Code**.) Covered members can view over 40 educational videos, read and print over 5000 Harvard Medical School reviewed mental health articles, use problem-solving tools and interactive personal development programs, take self-assessment tests and quizzes, and get private online advice from licensed EAP professional counselors. Employees can access the Alternatives web site from any Internet-connected computer, pinpoint problems, work out solutions, and move toward a better life both on and off the job.
- **Grab-A-Cab.** We all know that drinking and driving is dangerous and illegal. We also realize that sometimes unanticipated situations occur when we have too much to drink and should not drive. The Grab-A-Cab program can help keep members and employees safe. The program is simple and confidential.

If you are ever in a position where you have had too much to drink, we encourage you to designate a driver or take a cab home. If you take a cab, pay the fare, get a receipt, and send it to the EAP. We will reimburse you for the fare, confidentially, with no questions asked. Send your receipt and your return address to: Alternatives EAP, 3100 Broadway, Suite 313, Kansas City, Missouri 64111. You are eligible to take advantage of Grab-A-Cab twice a year. There is a limit of \$40.00 for each occurrence.

Eligibility

The Be Drug Free EAP is offered to all Local #2 members and their dependents as well as all SMACNA contractor's employees and their dependents.

Cost

All services at the Be Drug Free EAP are free. Costs associated with referrals, if accepted, are the responsibility of the member or employee.

How It Works

Simply call the Be Drug Free EAP anytime at 800-466-8282 and speak confidentially with one of our counselors. They will help you begin the process that may change your life.