



## Automotive Industries Trust Funds

Dear Member:

The pandemic and dramatic changes within the workforce have fueled already rising numbers of depression and anxiety along with a host of other mental health issues. The rate of mental health disturbances among adults increased fourfold since 2019. For younger adults ages 18 to 24, the increase is even higher.

And yet, help remains hard to find. 37% of the U.S. population are severely impacted due to shortages of mental health professionals, and many mental health professionals are turning people away as they cannot keep up with the demand for their services. We can help.

The Automotive Industries Trust Funds partners with Uprise Health to provide an Employee Assistance Program (EAP) and a Legal/Financial Program (LFP). These resources can help you resolve personal problems in the early stages, and we take confidentiality very seriously.

Within our EAP, Uprise Health offers a confidential support service and referral program for eligible participants. It is designed to **help you and your family** with personal issues such as:

- Stress
- Aging
- Anxiety
- Family
- Work Issues
- Finances
- Parenting
- Grief/Loss
- Relationships
- Marriage
- Alcohol/Drug
- Depression

Eligible members and their dependents can call for help. Office hours are 6am to 5pm PST. After hours calls will be returned the following day. Crisis support is available 24 hours a day, 7 days a week. Customer Care Professionals will help you find the right resources and services including counselors, who can provide counseling sessions, coordinate the appropriate treatment, and provide referrals if needed.

The EAP includes inpatient and outpatient treatment for mental health and/or substance abuse issues. The program provides assessment, referrals and coordination of care for these services to ensure you receive the most appropriate care at the time you need it the most. Appointments are scheduled with providers convenient to your work or home schedules.

For more information or to get assistance in making an appointment, call the Employee Assistance Program at 1-888-690-1349 or visiting <https://hmc.personaladvantage.com> using the AUTOMOTIVE as the access code.

The Legal/Financial Program (LFP) is designed to help members and their dependents help you and your household members cope with a variety of financial and legal concerns including:

- Adoption
- Bankruptcy
- Child Custody
- Criminal Issues
- Divorce
- Estate Planning
- Immigration
- Real Estate
- Tenant's Rights



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The goal is to help members and their family with legal and financial programs, allowing a less stressful life. Legal and financial professionals will provide guidance on a wide range of issues, excluding employer related issues. The program is completely voluntary and confidential. The LFP is provided at no cost to members and their family members.

You can reach the LFP by phone at 1-888-690-1349. Office hours are 6am to 5pm PST. After hours calls will be returned the following day. Crisis support is available 24 hours a day, 7 days a week. Customer Care Professionals will help you find the right resources and services.