



Single Point Lesson



Key Process Elements

Need for assistance arises



Contact your Local ESSP Representative



The local ESSP Representative will connect you with the appropriate CDR Referral Services (Hourly: Carelon Behavioral Health & HMSA) or (Salaried: Lyra)



It is important to ensure a vendor/center is within your benefits network, so you don't incur charges for services



For assistance, contact your local ESSP Representative at:



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Employee Assistance Program (EAP)



Have you been involved in or witnessed an accident/incident which resulted in you being traumatized? The accident/incident could have occurred in the past (Months/Years) and you may still be experiencing difficulty coping. The UAW-Ford ESSP (EAP) program is available to assist you.

What is the Employee Assistance Program?

EAP is a free, **CONFIDENTIAL**, voluntary employee benefit program that assists employees with personal and/or work-related problems that may impact their job performance, health, mental and emotional well-being.

Your local UAW-Ford ESSP Representatives work together with the Central Diagnostic Referral Agencies (**CDRs**) in assisting employees in resolving issues.

The CDRs can assist employees and eligible dependent family members with matters such as counseling, substance use/abuse and other addiction treatment, mental health, financial credit counseling, grief and loss, child and elder care resources, etc.

Steps to use this free and confidential program:

1. Contact the local UAW-Ford ESSP Rep.
2. The ESSP Rep will connect with a CDR referral.
3. The CDR will assist employees and eligible dependents covered under traditional health care plans for the appropriate services.
4. CDR's verify insurance coverage so employees do not incur charges.



For 24/7 assistance, you may **also** contact:

*Hourly: Carelon Behavioral Health at 800-227-9622
HMSA at 800-550-7200

*Salaried: Lyra Health at (877) 207-9822