

# AmeriCorps Member Assistance Program (MAP)

No issue too big or small - call **1-800-451-1834** night or day!

As an AmeriCorps member in our program, you have access to the **Member Assistance Program**.

The Member Assistance program provides **free, confidential, 24/7, telephonic counseling services**.

To access counseling for support on any topic or issue small or large - call the toll-free number at: **1-800-451-1834. Take a moment now to program this number in your phone.**

You will be connected with a professional, licensed counselor with AllOne Health. In-the-moment support is provided for topics such as substance abuse, stress, depression, anxiety, grief counseling and many other areas. Whatever the question or challenge, please do not hesitate to call - anytime of day.

You may be provided information or referrals for in-person counseling, childcare, housing, and other local information that may be useful to you.

In addition to the 24/7 counseling available by phone, **download the Mobile App for additional services including:**

- Ability to schedule counseling appointments by phone/request assistance
- Browse a wide-range of self-help and support articles

To download the app, search for “AllOne Health Employee Assistance Program” on your mobile device. Download the free app to your mobile device. When prompted enter the password **ASC**. You won't need to re-enter the password again.

We hope you will take advantage of this free service available to you. If you have any questions, please contact your AmeriCorps Program Director.