

## Resources

**BC 211** » [bc211.ca](http://bc211.ca) or dial 211

**British Columbia Schizophrenia Society** » [bcss.org](http://bcss.org)  
Toll Free: 1-888-888-0029 | Local: 604-270-7841

**Brown Crawshaw**  
» [browncrawshaw.com](http://browncrawshaw.com) | 604-683-3255

**Crisis Line Association of BC**  
» [crisislines.bc.ca](http://crisislines.bc.ca)  
Crisis: 1-800-784-2433  
Emotional Support: 310-6789 (no area code required)

**CUPE Local 23** » [cupe23.ca](http://cupe23.ca)

## Resources

**HeretoHelp** » [heretohelp.bc.ca](http://heretohelp.bc.ca)  
Mental Health & Substance Abuse Information

**Mind Check** » [mindcheck.ca](http://mindcheck.ca)

**Mood Disorders Association of BC**  
» [mdabc.net](http://mdabc.net)  
Toll Free: 1-604-873-0103

**The F.O.R.C.E.**  
Society for Kids' Mental Health  
» [forcesociety.com](http://forcesociety.com)  
Toll Free: 1-855-887-8004 | Local: 604-878-3400

# Member Assistance Program

A Confidential Service

MAP members, guiding members to the resources that provide assistance.

trust

care

support

balance

**Sponsored by:**  
CUPE Local 23 Union Office  
The United Way  
The Canadian Labour Congress

**Also available:**  
Employee & Family Assistance Program  
Provided by: Brown Crawshaw Inc. | 604-683-3255 (24 hrs)



CUPE Local 23 Union Office  
604-298-0200

*Helping you find  
balance in your life.*

## MAP Members. Here to Help.

Unions are about more than negotiating and enforcing collective agreements. We care about the social and personal issues facing our members. Our MAP (Member Assistance Program) is a way of building solidarity within our Local Union and the Union movement.

MAP members have been trained to help guide their fellow members to resources that can provide assistance. They care about their union members and are committed to discreetly assist them in seeking help with issues that may be affecting their personal and social lives.

Although they are specially trained, MAP members do not provide therapy, nor are they specialized in solving social problems.

## Need help?

- Having trouble with family issues?
- Want to help a friend or family member who has problems with alcohol, drugs or mental health?
- Want to help someone who may have a gambling addiction?
- Have elderly parents who need care or companionship when you can't be around?
- Need help making a will, tax advice or debt counselling?
- Facing personal difficulties at work or at home?
- Dealing with depression?

## What To Do?

Contact a MAP member or the Cupe 23 office to arrange for a confidential chat.

Visit us online: [cupe23.ca/map](http://cupe23.ca/map)

## MAP Committee Terms of Reference

1. To make all employees of the City of Burnaby aware of the Employee Assistance Program & Member Assistance Program - Union Counselling.
2. To ensure all Committee members are trained in Union Counselling (as a Labour Advocate).
3. To meet and make recommendations, set policies and procedures for this Committee.
4. To monitor the success of referrals made.
5. To ensure confidentiality of information and assistance provided.

