

Carpenters'



Combined Funds, Inc.

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WHEN TO ASK FOR HELP

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Many of us, at one time or another have been in a situation where we need the assistance of a trained professional to help us with our problems. We go to a medical doctor when our physical ailments are too uncomfortable to bear. And, we go to a mechanic when our vehicle is experiencing engine problems. In both cases, "waiting" to get assistance with the problem could require us to pay some sort of unneeded high price. With the example of the doctor, a simple cold may have turned into pneumonia and a loss of work due to a hospital stay, which in turn also cost us an undue expense. With the example of the car, we may have discovered that the auto store remedy failed to clean out our fuel injector and the bill from the mechanic was more than what it would have been if we would have seen him first.

We all admire individuals who are self-sufficient. We admire individuals who can fix their vehicle, who can repair the plumbing at home, who can solve the problem of why the roof is leaking. Wouldn't it be great if life was that easy? If we all had the same skills to fix/repair/solve all the problems we encounter? Unfortunately, that isn't the case with life's problems. Normally, a wrench, hammer, and even an aspirin won't solve our problems. In dealing with life's problems we end up ignoring them, putting them off, and appeasing them to solve our problems. When we use these methods, ultimately our problems get worse.

Why is it so easy to ignore and putting off getting assistance for our problems? When we experience physical ailments and need to go to the doctor we sometimes "put off" because of the inconvenience, or because of lack of money, or because we don't take the problem seriously enough. This scenario of "putting off" is especially true with personal problems. How many relationships have failed because one spouse failed to heed the warning signs of the other and refused to get help until it was too late? Why is it so difficult to ask for help? And, when is it time to ask for help?

If you are feeling at a loss for resolving a problem in your life, now is the time to ask for help. Your Employee Assistance Program can assist you in finding an answer to your problem.

The Employee Assistance Program has had the opportunity to provide confidential help to employees for a number of years. A toll free number enables help to be available "round-the-clock" for employees and their families 24-hours every day, 365 days a year. The MAP Counselor will assist you in finding clear and workable solutions to your problem. Your problem will be dealt with respect and privacy by a counselor that is dedicated to helping you get assistance. These counselors are Master leveled therapists who are "people friendly" and trained in their professional fields.

You can contact the MAP for any type of problem that you or a member of your family may be confronting. Your MAP counselor can assist you with all types of problems including marital, emotional, addiction, physical, work related, family trauma/crisis and financial/legal.

For more information, please contact your [Member Assistance Program](#) at 1-888-MAP-6637