

Your Guide to the IBEW Local 353 Mental Wellness Benefits

When it comes to your mental, physical, or financial health, it takes work to build a healthy lifestyle. But you don't have to do it alone. As a member of the IBEW Local 353 you have a variety of mental health resources at your fingertips. In the same way you take care of your physical wellness, it's important to take care of your mental wellness, too. The IBEW Local 353 Benefit Plan has mental health coverage for when you or your eligible dependents need it. Using mental health services doesn't impact funds available to use for other types of paramedical services. Below are some helpful resources you can use to support an issue or a challenge you or a loved one might be facing.

Mental Wellness Benefit

As part of your IBEW Local 353 Benefit Plan, your Mental Wellness Benefit is currently reimbursed at 100% (limited to reasonable and customary charges) to a maximum of \$3,000 per calendar year, per covered person for all mental wellness practitioners combined. Mental health practitioners must be registered with their profession's regulatory or governing body in the province where services are provided. Here is the list of practitioners you have access to as part of your benefit plan:

- Registered Clinical Psychologist
- Intensive Behavioural Intervention (IBI)
- Registered Psychotherapist
- Registered Social Worker

To learn more about your Mental Wellness Benefit read your benefit booklet online at teibas.com. You can also watch our Mental Wellness video on youtube.com, follow the handle [@myteibas](https://twitter.com/myteibas) and remember to subscribe to receive notifications about new videos about your Benefit Plan.

Member Assistance Program – Telus Health – 1-866-289-6749

Your Member Assistance Program (MAP) provides you and your covered family members with immediate, no-cost, and confidential help for work, health, and life concerns. If you or your loved ones are feeling stressed about work, family, finances, or need some help finding services for life's complications, contact Telus Health.

Your MAP provides 24/7 confidential short-term counselling at your fingertips anytime, anywhere whether online, on the phone, or on their app. Visit one.telushealth.com | Username: canadalive | Password: telus1 or call the Care Access Centre toll-free at 1-866-289-6749 and indicate that you are a member of the IBEW Local 353.

Teladoc's Mental Health Navigator – 1-877-419-2378

If something is on your mind, big or small, there's support for whatever challenge you might be facing. Mental Health Navigator offers you and your eligible family members a discreet and confidential way to seek mental health support from the comfort of your home. Their mental health professionals are there to point people in the right direction and can help with:

- Controlling anxiety from work or home stressors,
- Managing and understanding depression, and
- Managing the responsibility of caring for an aging or dependent loved one.

From time to time, we all need support to deal with life's challenges. These mental health resources are there to support you when you need them. Give Teladoc a call at 1-877-419-2378 and speak with a mental health navigator today.

Disability and Mental Wellness

Access to income replacement for total disability is included with your benefit plan and it not only covers physical injuries, but also mental health issues that prevent you from working. Coverage is there so you can worry less about missing work and focus on your recovery.

Help is there when you need it. If you're unable to work due to a mental health issue, contact the union hall at 416-510-3530 to request a disability package and remember to see a medical doctor as soon as possible. Disability benefits provide eligible members of IBEW Local 353 with partial income replacement while you are recovering from a totally disabling injury or illness and are unable to work. To learn more about disability coverage, read your benefit booklet online at teibas.com. You can also watch our 3 Things to Know When Applying for Disability Benefits video on [youtube.com](https://www.youtube.com/@myteibas), under the handle [@myteibas](https://www.youtube.com/@myteibas).

Questions? You can email us at members@teibas.com or call us at 416-637-6789, toll-free: 1-800-267-0602.

Disclaimer: This brochure was prepared on behalf of the Trustees of the IBEW Local 353 Trust Funds. It provides summary factsheet information about the IBEW Local 353 benefit plans in plain language. This publication is not intended to provide advice. If there is any discrepancy between this document and the legal documents that govern the plans, the legal documents will apply. The Trustees expect to maintain these benefit plans indefinitely. However, they reserve the right to change or cancel any or all benefits under the Health and Welfare Plan.