



# Ulliance

No cost and completely confidential

## UA LOCAL 100 LIFE ADVISOR MAP

The Ulliance Life Advisor MAP is part of your benefits package and offers total well-being services to you, spouse/live-in partner and dependents under the age of 27. This is a free and totally confidential service. Call today!



### Counseling

Short-term, solution-focused counseling is available for stress, relationship issues, substance use, grief/loss, and other work-life challenges. Choose in-person, video, or phone sessions with a nearby counselor for individuals, families, or couples.



### Coaching

Life Advisor Coaches offer telephonic or video support for individual life enhancement goals, such as education, career advancement, financial or self improvement goals.



### Well-being Portal

Anytime access to articles, resources, healthy-living tips, webinars as well as our orientation videos.



### Legal & Financial Consultations

Ulliance professionals can connect members with resources to assist with legal and financial issues.



### Crisis Support

Mental health professionals are available by phone 24/7/365.



### Referrals

Consultants provide recommendations for resources within the community.



### Identity Theft Program

This free identity theft program includes dark web monitoring, lost wallet service, fraud restoration support, & an online informational hub for members & up to four additional family emails, phone numbers, & bank accounts to prevent identity theft.



### Work/Life Materials

Information on a wide range of work-life balance topics are easily accessed through the MAP portal such as —webinars, videos & PDFs.



SCAN ME