Symmetry Wellness

For 18 years, Symmetry has been providing confidential and professional help to individuals through its Employee Assistance Program services. Symmetry's licensed counselors offer a comprehensive array of services to address issues involving adults, adolescents, children, couples and families.

Appointments

Symmetry offers services during daytime and evening hours, by appointment. Sessions typically last about 50 minutes. When you contact us we will work with you to set up a convenient time and location for your appointment—often within two working days.

Telephonic sessions are also available, as appropriate. Members will be screened to determine whether telephonic sessions are an appropriate method for service delivery; if so, appointment times will be scheduled for those sessions.

Outside of work hours, including weekends, **24-hour coverage** will be managed through answering services, pagers, and cellular phones carried by the MAP counselors. If a crisis situation arises after office hours, an individual calling Symmetry will receive a phone call from a counselor as soon as possible. At that point, the counselor will assess the situation and take appropriate action.

Convenient Offices

Symmetry has office locations and affiliates throughout northwest Ohio. When you call, let the scheduler know which location you prefer, and that you are a TBA member wishing to use the services of the Member Assistance Program.

419.475.5338
1.800.422.5338
TTY: 419.479.3825

Counseling Offices

4334 Secor Road
Toledo, Ohio 43623

315 North Main #D
Bowling Green, Ohio 43402

206 Perry Street
Defiance, Ohio 43512

Corporate Offices

4334 Secor Road
Toledo, Ohio 43623
www.harbor.org

Feeling overwhelmed? burned out?

MAP can help.

Member Assistance Program (MAP)

Sponsored by:

Toledo Bar Association
311 North Superior Street
Toledo, Ohio 43604-1454
419-242-9363

In cooperation with:

Harbor
Symmetry Wellness

The Toledo Bar Association Member Assistance Program (MAP)

A Source For Help

Everyone experiences difficult times occasionally—from stress or marital problems to substance abuse or job burnout. The Toledo Bar Association understands that anyone can use a little help at some point, which is why we offer the Member Assistance Program (MAP) through Symmetry Wellness. The MAP gives TBA members the opportunity to receive professional counseling to assist with life's problems. Participation in the program is confidential and completely voluntary.

This information is provided to you to help you better utilize the MAP services.

Goals of the Program

- To provide assistance for members of the TBA in times of stress or crisis, either personal or professional.
- To reduce the professional problems that might result from stress or other crisis in one's life.
- To offer a cost-effective program of assistance to members of the Toledo Bar Association.

Eligibility

Any member in good standing of the Toledo Bar Association is eligible for the services as outlined in this brochure.

Scope of MAP Services

The MAP provides assessment, consultation and short-term counseling. Once you've identified your problems with the MAP counselor, the counselor will explain a plan to help you address those problems, including referrals to outside resources if needed. The actual number of visits appropriate to an individual's case will be determined by the individual, in conjunction with the counselor. The TBA member will be financially responsible for any services provided outside the scope of the MAP.

Services Offered

Confidential and professional assistance is available for these and other life situations:

- Stress
- Depression
- Marital problems
- Alcohol and drug use
- Dealing with children/teens
- Job burnout
- Financial difficulties
- Divorce
- Elderly parents
- Other issues

The MAP does **not** provide comprehensive substance abuse treatment.

Fees

Any TBA member is qualified to participate. The TBA will pay for up to six appointments with the MAP provider on an annual basis commencing on July 1 and ending on June 30 of the following year. The TBA member will be financially responsible for all services/treatments beyond the six one-hour visits. Symmetry can assist in identifying insurance and/or community resources that may cover all or part of the cost of any additional services.

Confidentiality

Use of the MAP is confidential. Information concerning the use of the MAP will not be given to anyone without your written permission, unless required by law. Various laws require that the MAP staff report to appropriate parties instances when a person is a danger to himself or herself, to others, or when child abuse/neglect is involved.

Need More Information?

If you have a question regarding any of the services available, please contact Symmetry at:

419-475-5338
800-422-5338
www.harbor.org