

## How do I get started?

Please call us at (718) 591-2000  
ext. 1396 or 1397.

You can also call  
(929) 866-1409

It is a vital first step on the road to  
emotional wellness and healing.

Detoxification and rehab are  
valuable and essential,  
but they are just the start!

It is what you do afterwards  
that matters the most!



### All calls are **CONFIDENTIAL**.

We are here to help you at that  
critical time for your long term  
success with addiction or  
mental health.

Addiction and Mental Health  
Referral Service is here to help  
you at that critical time for your  
long term success!

Welcome to the

## **ADDICTION AND MENTAL HEALTH REFERRAL SERVICE**

**JOINT INDUSTRY BOARD  
OF THE ELECTRICAL INDUSTRY**

### **ADDICTION AND MENTAL HEALTH REFERRAL SERVICE**

Joint Industry Board of the Electrical Industry  
158-11 Harry Van Arsdale Jr. Ave  
Room 342

Flushing, NY 11365  
Tel: (718) 591-2000  
ext. 1396 or 1397  
Fax: (718) 969-3822



FIND SUPPORT FOR  
DIFFICULTIES WITH ADDICTION  
AND MENTAL HEALTH.

Our Services are Private and Confidential



## What is the Addiction and Mental Health Referral Service?

We are a service available to all participants in the Pension, Hospitalization and Benefit Plan and the Employee Security Fund of the Joint Industry Board of the Electrical Industry. Our staff provides guidance, support, evaluation and referral services for problems with alcohol, drugs, mental health or other difficulties coping with life stressors. Every contact is kept private and confidential.

### How We Can Help!

We can assist you with the following:

- Evaluation - a brief telephone or face-to-face conversation to get a clear idea of your needs so as to give you an appropriate and effective referral.
- Staff will discuss and assess Level of Care (LOC) and identify treatment options.
- Provide follow-up support while in treatment, post treatment, support groups, and encouragement along the healing and recovery process.

### Support Groups

#### Wednesday: Men's Support Group

via Zoom from 6pm to 7pm.

Mtg ID: 848 1051 1201 | No Password needed.

#### Thursday: Women's Support Group

via Zoom from 6:30pm to 7:30pm.

Mtg ID: 893 5838 3430 | No Password needed.

Note that the cameras or microphone do not need to be on nor do folks have to use their real names (using a nickname is ok).

#### Friday: Recovery Support Group

In Person at the Joint Industry Board from 5pm to 6pm on the 3rd floor Room 342.



## How do I know if I have a problem?

### Substance Use Disorder:

**Yes** **No** Do you find drinking alcohol or using drugs have created difficulties on the job, with relationships, legal problems, or your finances?

**Yes** **No** Has anyone complained about your drinking or drug use?

**Yes** **No** Have you ever tried to stop or cut back on your own but kept going back to using?

### Mental Health:

**Yes** **No** Have you've been feeling anxious, agitated or overwhelmed to the point that you have a hard time functioning at work/home?

**Yes** **No** Are there days you feel gloomy, sad, down, with no interest, energy or cannot focus?

If you answered **Yes** to any of these questions, we can help. If you call us, we can ask additional questions over the phone or in person to assess your options for treatment.

## What kind of substance use treatment and or mental health providers are available to me?



### INPATIENT AND OUTPATIENT PROGRAMS ARE AVAILABLE

An inpatient program called rehab, is usually a 28 day program where individuals reside at the treatment facility. It often involves a period of detoxification for those in withdrawal from the substances in their body.

An outpatient program involves attending a program while living at home. You may attend a program like this for 1-5 days each week depending on the severity of your problem with alcohol and/or drugs. In both programs you will be guided to explore factors that led to the development of the problem, things that can trigger a desire for your drug choice, and ways to cope with urges and stressors from day to day life.

Mental Health support consists of identifying a Licensed Mental Health therapist or Social Worker that specializes in the areas you are suffering with.

Our staff will also assist with securing a Psychiatrist for med management purposes should you need it.