



SHEET METAL WORKERS LOCAL UNION 30 WELFARE AND PENSION TRUST FUNDS

PLAN ADMINISTRATION: EMPLOYEE BENEFIT PLAN SERVICES

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Dear Member,

These are times of heightened concern and anxiety for many and continued access to mental health services is of vital importance. **FSEAP will remain open and available for members and their families in need of support.** All counselling sessions will be conducted through telephone or e-counselling until in-person services are once again safe to resume.

fseap Now we're
talking.

To access FSEAP's services visit their website or mobile app and enter your group name and password – information below.

Website: <https://www.fseap.ca/myfseap>

Mobile App: Search 'myfseap' in the app store

Group Name: tosmwiamap

Password: myfseap1