



Los Angeles Police Protective League

Member Assistance Program



Our MAP provides up to **10 no cost face-to-face counseling sessions** per family member, per incident, per year with local, licensed therapists.

The MAP can be used for confidential assistance with problems involving, but not limited to:

- Marriage and Family
- Stress
- Grief
- Adolescent Behavior
- Depression
- Emotional Difficulties
- Substance Abuse
- Job-related issues

Our MAP also offers...

- Holman assists you with finding the most qualified licensed therapist and the next available appointment. They will help to match you with a therapist based on background, distance and appointment openings by calling network therapists on your behalf. Once they identify an appropriate match, the name and phone number of the therapist is given to you.
- **Substance Abuse Plan** - Hospital Inpatient Services and Alternate Care (Intensive Outpatient, Partial Hospital, Day Treatment & Residential) (35 days per year limit, 2 episodes in any 5 consecutive years, lifetime maximum limit). Please call Holman's inpatient care team to be assessed for services and to explore your benefit.
- Unlimited community referrals for child care, elder care, chemical dependency groups and more...
- Unlimited access to Holman's Website which contains additional wellness related articles and links.
- A toll-free, nationwide number staffed by licensed therapists available to help you in a crisis.
- **EXTRA BENEFITS: LifeSolutions** - Daily Living, Elder Care, Child Care, Adoption, College & Prenatal Services.
- TicketsAtWork – Discounts for hotels, theatre, sports, movies, amusement parks and more!

www.Holmangroup.com

User Name: **LAPPL**

Password: **PPL2020** (case sensitive)

Dependents include the member's spouse, domestic partner and dependent children to age 26 for the Substance Abuse Plan. All household members are covered under the Member Assistance Program, regardless of age or dependent status.



The Holman Group
Managed Behavioral Health Care Services

TO ARRANGE A CONFIDENTIAL APPOINTMENT CALL:

888-285-2858 or visit HolmanGroup.com

An MAP counselor is available 24 hours a day, 7 days a week

REMEMBER: THE HOLMAN GROUP IS A CLOSED SYSTEM WHEREBY ALL TREATMENT MUST BE PRE-APPROVED AND AUTHORIZED BY THE HOLMAN GROUP. ALL TREATMENT MUST BE PROVIDED BY A HOLMAN CONTRACTED PROVIDER. If you are unable to reach The Holman Group by phone at 888-285-2858, please contact LAPPL's Insurance Department at 800-736-7070