



# Member Family Assistance Program (MFAP)

LifeJourney

LiUNA Local 183 members can access LifeJourney, an innovative Member Family Assistance Program (MFAP) offering 24/7 personalized care and support. Whether through the LiUNAcare vCare mobile app or by phone, LifeJourney provides timely assistance whenever you need it. Receive support every step of the way.

You and your dependents can access resources like legal and financial assistance, nutritional consultations, and mental health support. Available via the LiUNAcare vCare mobile app or by phone, a dedicated Care Advocate will help you find the right resources and create a personalized plan. LifeJourney brings all your wellness services together in one place. Once your account is activated, you and your eligible dependants can also enjoy these resources.

Prefer the phone? LifeJourney has you covered.

Start your journey today!

**Download the vCare app  
now to get started:**

**[liunacare183.com/vcare](https://liunacare183.com/vcare)**

**Or call 1-844-405-8157.**

With LifeJourney, you and your eligible dependents can access a comprehensive range of services designed to support your health and well-being.

- **Counselling:** Confidential short-term support for stress, anxiety, relationships, and grief.
- **Mental Health:** Access to professionals for personalized treatment.
- **Legal & Financial:** Advice on budgeting, retirement planning, and legal matters like family law and wills.
- **Work-Life Balance:** Resources to manage time, reduce stress, and balance work and life.
- **Substance Abuse Support:** Help with addiction and recovery.
- **Health & Wellness:** Referrals for fitness, nutrition, and smoking cessation.
- **Family Support:** Assistance with childcare, elder care, and family issues.
- **Resource Referrals:** Access to external professionals for further guidance.