



Safety Matters®

Mission Statement

SMOHIT's mission is to provide industry-leading health and safety solutions and connections that improve the physical, mental, and emotional well-being of our members and their families.



MEMBER ASSISTANCE PROGRAM

SMART MAP Member Assistance Program

This mental health awareness and action program highlights the issues associated with substance use disorder and suicide prevention, then educates union members on solutions, helping members and their families access those resources when they need them.



Helpline

Available at no cost, 24/7 at (877) 884-6227 to members and their families throughout the US and Canada.

Examples of problems people call about:

- Grief, trauma and loss
- Alcohol and other drug issues
- Depression and suicidal thoughts, post-traumatic stress disorder (PTSD)
- Anxiety, fears
- Family, including relationships with spouse/partner/family of origin issues, parenting concerns, aging parents/caregiving fatigue
- Work issues, including coping with difficult people/bosses, work stress/deciding when to retire
- Stress related to debt

Online Training

SMART MAP Member Resources
 OSHA & Safety Training
 SMOHIT Learn
 Toolbox Talks

Events

Safety Champions Conference
 Safety Design Contest
 Safety Matters Awards
 Steps Challenge



Register for the SMOHIT website to access all content, including new programs.

SMOHIT.org

Helpline 877-884-6227



Scan this QR code to add the Helpline as a contact to your phone.