



The Teamsters Service Bureau offers free and confidential assistance to Teamsters and their families, including:

- Information and referrals
- Face-to-face counseling
- Phone consultations



## Minnesota Teamsters Service Bureau

**Contact us.**

Metro **612.676.3700**

Statewide **800.979.9725**

## Free & Confidential Services

We are here to help.  
Available 24 hours a day/7 days a week.



## Minnesota Teamsters Service Bureau

**THE AGENCY WITH A HEART**



**Serving you wherever you live.**

Free services including: Relationship, Marriage, Family, Financial and Legal Counseling.

**612.676.3700**  
**800.979.9725**

**[www.mntsb.org](http://www.mntsb.org)**





### **SOLUTIONS to today's challenges for Teamster members and their families that will:**

- Strengthen personal relationships
- Find help for personal problems
- Assist with work related concerns
- Offer support for resolving financial and legal issues
- Help you find work-life balance

We know you work hard, and we want the best for you and your family. We're here to support you through whatever challenges you are facing.

## **SERVICES**

### **Family Services**

Caring, professionally licensed counselors are available to help with concerns such as:

- Chemical dependency
- Mental or behavioral health issues
- Family relationships
- Communications skills
- Marriage or relationship counseling
- Grief support
- Parenting support and education
- Work related stress

### **Financial Counseling**

Money management can be stressful for many people. Professional financial counselors are here to support you through:

- Budget and savings plans
- Debt management
- Housing questions (buying, selling, and foreclosure)
- Retirement planning
- Estate planning
- Teen financial education
- Credit report review and recommendations
- Student loan counseling

### **Eldercare Assistance**

If you or your family members are facing questions about aging and are wondering what options are available, we can help with:

- Helping you understand your benefit options
- Providing information on living options, including assisted living
- Providing information on services available for older adults
- Referrals to community resources

### **Legal Services**

Free legal consultations and discounted attorney rates for Teamster members on issues such as:

- Wills, trusts and conservatorship
- Child support, custody and adoption
- Garnishment, loans and consumer complaints
- DWI/DUI, traffic violations and accidents
- Landlord/tenant and leasing issues
- Misdemeanor and felony charges

### **Disability Claim Services**

We can assist you in applying for disability services and help you find answers to your questions.

## **Teamster Family Services are Free & Confidential!**

If you need immediate help, crisis counselors are available 24/7.

Metro  
612.676.3700

Statewide  
800.979.9725