



# Financial Stress Can Take Its Toll

Events such as marriage, a child's birth, college education, job loss or retirement may force you to revise your financial plans. Concerns and conflicts about money are a primary source of stress that could affect you in many ways, including relationship difficulties or even divorce.

If financial concerns are hurting your personal life, your Employee Assistance Program can help connect you with a professional counselor at no cost. Consider calling today.

**Your EAP Is Simple To Use.  
It Is Confidential.  
It Helps.**

**1.800.550.MCIT (6248)  
Sand Creek**



Employees and their dependents have access to counseling services statewide through their employment with an MCIT public entity member.