

# Help Is Just a Call Away

If you or your dependents need help, call your Employee Assistance Program to connect with qualified counselors at no cost.

When you are dealing with issues that may affect your personal life or work, the EAP can quickly connect you to experienced professionals. It includes more than 500 offices to provide you and your family convenient counseling. The professionals offer short-term support for many concerns

Relationships  
Work-related Concerns  
Family Issues  
Stress  
Depression  
Anxiety  
Financial Issues  
Loss or Grief  
Substance Abuse  
Other Personal Concerns

**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.