



HELP OTHERS ACCEPT HELP

Watching a loved one struggle with circumstances beyond his or her capabilities can be heartbreaking. Worrying about the individual does little to improve the situation. Finding a way to help your loved one accept the assistance he or she needs may be a better option.

The qualified counselors with the Employee Assistance Program are available to offer ideas on how to approach a person who needs help but who is reluctant to ask for it.

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

The EAP provides no-cost support for you and your dependents.

**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.