

Help Through Life's Changes


The only thing constant is change, according to ancient philosopher Heraclitus. Knowing this does not necessarily make handling it any easier.

The responsibility of being a new parent, the grief of losing a loved one, the stress of a new job: Each change in life poses its own challenges. Moving through these periods of transition can be difficult, but you do not need to manage them alone.


The Employee Assistance Program provides no-cost, confidential counseling for you and your dependents. The qualified, caring professionals can help you. 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.



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