

Is Something Bothering You?



Are you feeling irritable or impatient?
Can't get enough sleep? Are you stressed?
Or is it something more troublesome?

Take comfort knowing that help is just a call away. Your Employee Assistance Program offers confidential counseling with qualified, caring professionals. The service is provided at no cost to you.

**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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