

# Has Your Spring of Hope Run Dry?

When stress accumulates (sometimes from multiple sources or from the same source over time), you can start to feel burned out and lose hope that circumstances will ever get better. Fortunately, you can rediscover hope and become re-engaged in life.

The Employee Assistance Program can help you with this process through no-cost counseling. Consider calling today if you are feeling burned out.

**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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