

Breathe Easier

The Employee Assistance Program (EAP) can help you find relief to whatever is troubling you.



The EAP can assist you with managing a personal problem, such as:

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

No-cost, convenient and confidential counseling for you, your spouse and your dependents is available through the EAP.

Call 1.800.550.MCIT (6248) or visit SandCreekEAP.com.

Your EAP is simple to use. It is confidential. It helps.



Employees, their spouse and dependents have access to counseling services statewide through their employment with an MCIT public entity member.