

It's OK to Ask for Help

**Everyone needs support at some point.
When you need it, call the Employee Assistance Program.**

The EAP offers confidential counseling with no judgment.
Only you know whether you use the EAP.

Support is provided at no cost to you, your spouse and dependents.

YOUR EAP IS SIMPLE TO USE. IT IS CONFIDENTIAL. IT HELPS.



Employees, their spouse and dependents have access to no-cost counseling services statewide through their employment with an MCIT public entity member.

Contact the EAP Today

PHONE 1.800.550.6248 ONLINE SandCreekEAP.com



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