

Does Work Feel Like too Much Work?



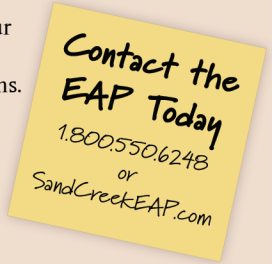
On-the-job stress and conflict can arise from a number of sources, such as co-worker behavior, a new supervisor, a changed process, reorganization of roles and responsibilities, etc. Work-related stress can become overwhelming if not dealt with in a productive manner. The Employee Assistance Program (EAP) is ready to help you find strategies to do just that.

The EAP offers no-cost, confidential support for you, your spouse and dependents any time, any day. Qualified counselors can help with job-related and personal concerns.

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.



Does Work Feel Like too Much Work?



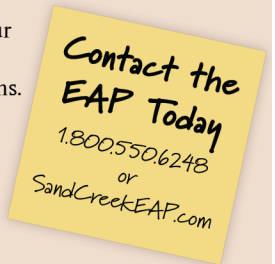
On-the-job stress and conflict can arise from a number of sources, such as co-worker behavior, a new supervisor, a changed process, reorganization of roles and responsibilities, etc. Work-related stress can become overwhelming if not dealt with in a productive manner. The Employee Assistance Program (EAP) is ready to help you find strategies to do just that.

The EAP offers no-cost, confidential support for you, your spouse and dependents any time, any day. Qualified counselors can help with job-related and personal concerns.

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.



Does Work Feel Like too Much Work?



On-the-job stress and conflict can arise from a number of sources, such as co-worker behavior, a new supervisor, a changed process, reorganization of roles and responsibilities, etc. Work-related stress can become overwhelming if not dealt with in a productive manner. The Employee Assistance Program (EAP) is ready to help you find strategies to do just that.

The EAP offers no-cost, confidential support for you, your spouse and dependents any time, any day. Qualified counselors can help with job-related and personal concerns.

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.

