

Help for Those Who Help Others

Social workers and other public servants deal with high-stress, emotionally taxing circumstances every day as they assist citizens. The stress can build and become difficult to manage. This does not have to be the case.

If you find yourself struggling with how to cope, the Employee Assistance Program can help you. The EAP offers confidential, no-cost counseling with a qualified professional.

No one will know if you seek support from the EAP. You choose when and where to meet with the counselor. You will be matched with a professional who has a background specific to your circumstances.

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

Contact the EAP Today

1.800.550.6248

SandCreekEAP.com

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

