



# **Your EAP Is...** *Confidential*

**For whatever troubles you, the Employee Assistance Program offers private counseling. No one will know you use the service.**

**You, your spouse and dependents have access to no-cost, confidential counseling for personal concerns through the EAP:**

- Relationships
- Career concerns
- Family issues
- Stress
- Depression
- Anxiety
- Financial concerns
- Loss or grief
- Substance abuse
- Other personal concerns

**Connect with a counselor:**

**1.800.550.MCIT (6248) or through *SandCreekEAP.com***



**MINNESOTA COUNTIES INTERGOVERNMENTAL TRUST**

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

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