

Your EAP Is... *Supportive*

“ My request for help was immediately addressed. I felt listened to and valued as a person.”

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:

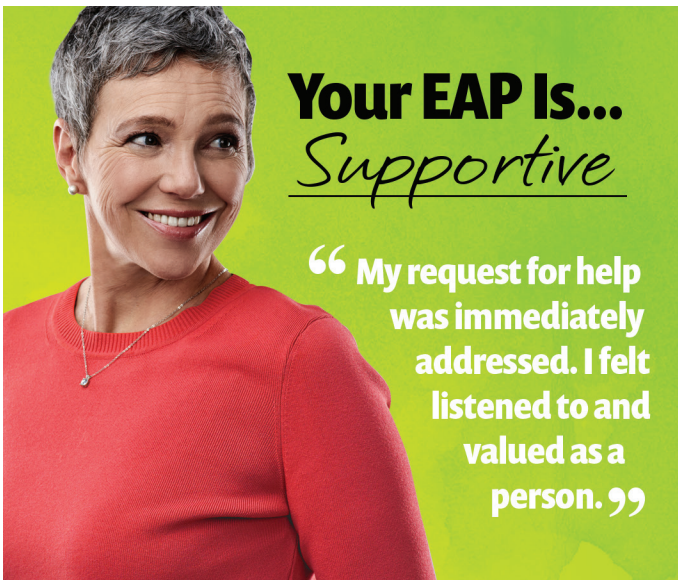
1.800.550.MCIT (6248) or through *SandCreekEAP.com*



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.



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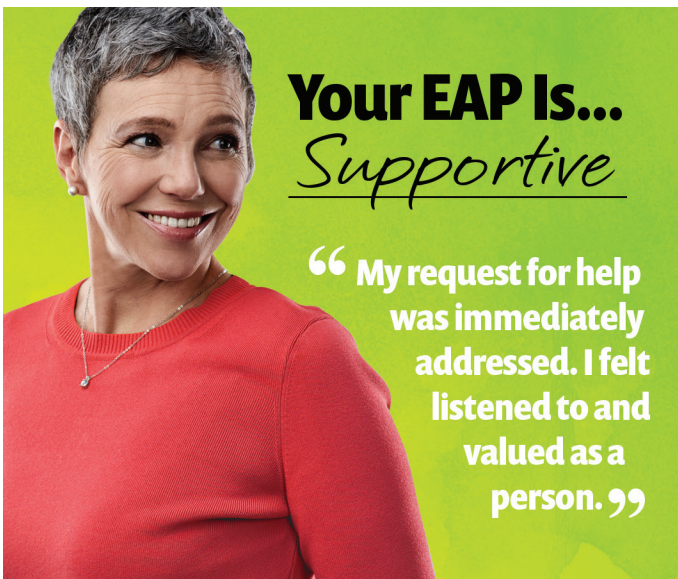
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