

# YOUR EAP PROVIDES SUPPORT FOR YOU...WHATEVER YOUR CONCERN

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

- Stress
- Anxiety
- Emotional Exhaustion
- Critical Incident Response
- Loss or Grief
- Relationships and Family Dynamics
- Separation or Divorce
- Alcohol or Substance Abuse
- Conflict
- Financial Concerns
- Depression
- Other Personal Concerns

Connect with a counselor at **1.800.550.MCIT (6248)** or through *SandCreekEAP.com*.  
*You may request a counselor with law enforcement experience.*



**MCIT 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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