

FIND Balance



*Your home and work responsibilities don't have to be at odds.
The Employee Assistance Program (EAP) can help you strike a balance.*

Professional counselors can assist you and your family with:

- Childcare concerns
- Elder care responsibilities
- Relationship problems
- Work-related issues
- Stress
- Other life concerns

No-cost, convenient and confidential counseling for you and your dependents is available through the EAP.

Connect with a counselor at **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.