



HELP FOR THOSE WHO HELP OTHERS

The stress of being a first responder can build and become difficult to manage.
The Employee Assistance Program can help.

If you find yourself struggling with how to cope, the EAP can help you. It 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 may request a counselor with law enforcement experience.

Connect with a counselor at **1.800.550.MCIT (6248)** or through *SandCreekEAP.com*.



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.