



# **YOUR EAP IS...** *For You and Your Family*

Each family member  
may need support  
from time to time.  
The Employee  
Assistance Program is  
here for all of you.

**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

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

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



#### **MINNESOTA COUNTIES INTERGOVERNMENTAL TRUST**

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