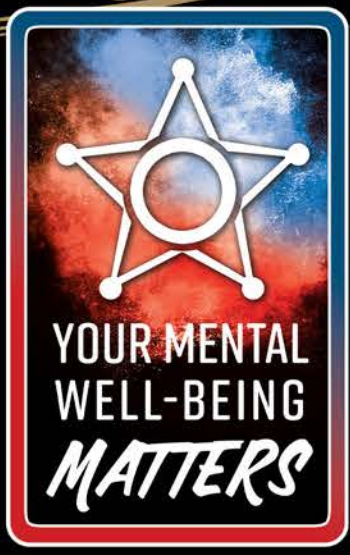




# IT'S OK TO ASK FOR SUPPORT



**Everyone needs help at some time. The Employee Assistance Program offers confidential, no-cost support for public safety professionals and your families.**

**Call: 800.550.6248 | Visit: [MCIT.AllOneHealth.com](http://MCIT.AllOneHealth.com)**  
*Call for in-the-moment assistance.*

- Stress
- Anxiety or depression
- Emotional exhaustion
- Traumatic incident response
- Loss or grief
- Relationships and family dynamics
- Separation or divorce
- Alcohol or substance use
- Conflict or anger management
- Financial challenges
- Other personal concerns

*You may request a counselor who has experience working with public safety.*



**YOUR EAP IS SIMPLE TO USE | IT IS CONFIDENTIAL | IT HELPS**  
Employees and their dependents have access to counseling services statewide through their employment with an MCIT public entity member.