

HELP IS JUST A CALL AWAY



Untangle Your Troubles.

THE EMPLOYEE ASSISTANCE PROGRAM CAN OFFER GUIDANCE.

Connect with a counselor at 800.550.6248 or through MCIT.AllOneHealth.com.

**Caring and confidential support for personal problems is available
to you or your dependents at no-cost.**

RELATIONSHIPS
CAREER CONCERNS

FAMILY ISSUES
STRESS

DEPRESSION
ANXIETY

FINANCIAL CONCERNS
LOSS OR GRIEF

SUBSTANCE ABUSE
OTHER PERSONAL CONCERNS