



CHART A COURSE THROUGH CHANGE

The Employee Assistance Program can help you
find direction through life's changes.

Connect with a counselor at **800.550.6248** or [MCIT.AllOneHealth.com](https://www.MCIT.AllOneHealth.com).

No-cost, confidential support for you or a family member through a variety of changes:

- Separation or divorce
- Marriage
- Illness
- Professional changes
- Financial circumstances
- New children or empty nest
- Loss or grief
- Other situations



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.