



# YOUR EAP IS...

## Confidential

For whatever troubles you, the Employee Assistance Program offers private counseling. No one will know you use the service.

**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 **800.550.6248**  
or through [MCIT.AllOneHealth.com](http://MCIT.AllOneHealth.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.