



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 your 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 **1.800.550.6248** or through *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.