

# YOUR EAP IS... *Effective*



“ The EAP provided me with practical ideas and information. ”

“ I am grateful for this program. ”

“ I made it through a rough time as a result of my counselor’s help. ”

# 96%

of People Who Contacted the Employee Assistance Program Would Recommend the Services to Others

- 92% Can Better Deal with Their Situations as a Result of the EAP’s Help
- 94% Would Call It Again if Needed Help

**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](http://MCIT.AllOneHealth.com) for no-cost services for you and your dependents.



## MINNESOTA COUNTIES INTERGOVERNMENTAL TRUST

Employees, their spouse and dependents have access to counseling services statewide through their employment with an MCIT public entity member.