

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 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.