

# EAP

*Employee  
Assistance  
Program*



**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

*Employee Information*

## *What Is an EAP?*

The Employee Assistance Program (EAP) is a risk management program designed to help employees identify and resolve challenges that may affect their personal life or performance at work. It is a voluntary program that can assist you (the employee), your spouse and dependents with difficult personal issues through access to professional counselors.



## *The EAP Is Here to Help You*



“I am grateful for  
this program.”

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



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



*It's Easy to Get Started: Call 800.550.6248 | Visit [MCIT.AllOneHealth.com](http://MCIT.AllOneHealth.com)*



### *EAP Counseling Is...*

**VOLUNTARY:** You decide when to use the program's services.

**CONFIDENTIAL:** Your personal information will not be shared with your employer. Only you know when you call for assistance.

**NO-COST:** You, your spouse and your dependents are eligible for up to six counseling sessions for each identified issue at no-cost.

**CONVENIENT:** A broad network of licensed master's level counselors are available to meet in person, by phone or virtually, giving you, your spouse and dependents convenient access to a qualified counselor where and in a format that works for you.

### *What Does the EAP Do?*

- Helps you find professional counseling support for personal concerns
- Offers six short-term counseling sessions for you, your spouse and your dependents at no cost
- Uses pre-approved network providers suited to meet your needs
- Assists in identifying long-term resources
- Provides referrals for long-term care

### *The EAP Offers Support for ...*

- Relationships
- Anxiety
- Work-related concerns
- Financial concerns
- Family issues
- Loss and grief
- Stress
- Substance use
- Depression
- Other personal concerns

### *What the EAP Is Not*

- An insurance program
- Part of an employee's health plan
- A long-term counseling alternative

### *Who Can Use the EAP?*

#### **EMPLOYEES AND THEIR DEPENDENTS\***

As a full- or part-time employee of an MCIT public entity member, you, your spouse and your dependents are eligible for assistance through the MCIT EAP at any time. You are encouraged to contact the EAP for support with managing personal or professional concerns.

#### **SUPERVISORS**

Department heads, supervisors and managers may use the EAP services for:

- Consultation regarding work-related situations
- Supervisor coaching
- Advice to help employees

Phone consultation and coaching for supervisors are available 24 hours a day, every day.

### *Live, Immediate Assistance*

Confidential, in-the-moment assistance is available by calling the EAP main number at **800.550.6248**.

\*Dependents may include spouse, domestic partner, children, children who live with the other parent, children who attend college/post-secondary school, foster children, and anyone for whom you are the legal guardian.



Minnesota Counties Intergovernmental Trust



Minnesota Counties Intergovernmental Trust (MCIT) has partnered with AllOne Health to provide professional counseling services to MCIT member employees like you.

#### **FOR CONSULTATION OR COUNSELING SERVICES:**

**CALL:** 800.550.6248

**ONLINE:** [MCIT.AllOneHealth.com](http://MCIT.AllOneHealth.com)

#### **EMPLOYEE ASSISTANCE PROGRAM PROVIDED BY:**

Minnesota Counties Intergovernmental Trust

*For more information about the EAP program (not for counseling services):*

**CALL** 866.547.6516 | **VISIT** [MCIT.org](http://MCIT.org)