

# 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

*Public Safety*

*The Employee Assistance Program Is ...*

### **CONFIDENTIAL**

Your use of the Employee Assistance Program and your reasons for doing so are not shared with your employer. Only you know that you have called for assistance.

### **EFFECTIVE FOR PUBLIC SAFETY**

Professional counselors who have a background working with public safety are available to support you, your spouse and dependents\* with the unique emotional and psychological challenges that professionals in your field face. The EAP is a proven partner that has helped others like you.

### **VOLUNTARY**

You decide when and if you use the program's services.

### **NO COST**

You, your spouse and each of your dependents are eligible for up to six sessions of counseling for each identified concern 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.

*The EAP Is Here to Help You*



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



*“ My request for help was immediately addressed. I felt listened to and valued as a person. ”*

**FOR CONSULTATION OR COUNSELING SERVICES:**

**CALL:** 800.550.6248 | **ONLINE:** [SandCreekEAP.com](http://SandCreekEAP.com)



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



**EMPLOYEE ASSISTANCE PROGRAM PROVIDED BY:**

Minnesota Counties Intergovernmental Trust

*For more information about the Employee Assistance Program (not for counseling services):*

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

# Employee Assistance Program Is for Public Safety

Your job working in the sheriff's office often results in having to deal with personal and emotionally challenging situations. These can also have an equally significant effect on your family. You and your family are not alone. The Employee Assistance Program (EAP) is available at no cost to provide professional, confidential and convenient support for personal concerns that may affect you, your work or home life. The EAP network includes counselors with experience working with public safety and who understand your unique circumstances.



## What Does the EAP Do?

- Helps you find professional counseling support for personal concerns, including the unique emotional and psychological pressures related to public safety, specifically law enforcement, jail operations and emergency dispatch
- 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. You can request to be connected with a provider who has experience working with public safety professionals
- Assists in identifying long-term resources
- Provides referrals for long-term care

## The EAP Offers Support For:

- |                              |                                    |                             |
|------------------------------|------------------------------------|-----------------------------|
| • Stress                     | • Loss and grief                   | • Financial concerns        |
| • Anxiety                    | • Relationship and family dynamics | • Depression                |
| • Emotional exhaustion       | • Separation and divorce           | • Alcohol and substance use |
| • Critical incident response | • Conflict                         | • Other 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 dependents\* are eligible for assistance through the EAP.

### SUPERVISORS

Sheriffs, chief deputies and supervisors may use the EAP services for:

- Consultation regarding work-related situations
- Supervisor consultation and advice to help employees

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

\*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.

## Contact

### Employee Assistance Program

**TOLL-FREE: 800.550.6248**

**IN-THE-MOMENT ASSISTANCE: 800.550.6248**

**ONLINE: [MCIT.AllOneHealth.com](https://www.mcit.allonehealth.com)**