



YOUR EAP IS...

Supportive

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

You, your spouse and dependents have access to no-cost, confidential counseling for personal concerns through the 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 **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.