

HELP IS JUST A CALL AWAY



Untangle Your Troubles.

THE EMPLOYEE ASSISTANCE PROGRAM CAN OFFER GUIDANCE.

Connect with a counselor at 800.550.6248 or through [MCIT.AllOneHealth.com](https://www.mcitmn.com/AllOneHealth).

Caring and confidential support for personal problems is available to you or your dependents at no-cost.

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.

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