



HELP FOR THOSE WHO HELP OTHERS

The stress of being a first responder can build and become difficult to manage. The Employee Assistance Program can help.

No-cost, convenient and confidential counseling is available through the EAP.

Connect with a counselor at **800.550.6248**
or through **MCIT.AllOneHealth.com**.

You may request a counselor with law enforcement experience.



MINNESOTA COUNTIES INTERGOVERNMENTAL TRUST

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

YOUR EAP IS SIMPLE TO USE. IT IS CONFIDENTIAL. IT HELPS.