



# 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](http://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.**