



YOUR EAP PROVIDES SUPPORT FOR YOU ...WHATEVER YOUR CONCERN

You, your spouse and dependents have access to no-cost, confidential counseling for personal concerns through your EAP:

- Stress
- Anxiety
- Emotional Exhaustion
- Critical Incident Response
- Loss or Grief
- Relationships and Family Dynamics
- Separation or Divorce
- Alcohol or Substance Abuse
- Conflict
- Financial Concerns
- Depression
- Other Personal Concerns

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.