



Recharge Your Spring of Hope

The Employee Assistance Program can help you or a family member find hope again and overcome life's challenges.

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

When you or a family member needs help, call the EAP for no-cost, confidential support for:

- Depression
- Stress
- Relationships
- Financial concerns
- Substance use
- Anxiety
- Loss or grief
- Family issues
- Career challenges
- Other concerns



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

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