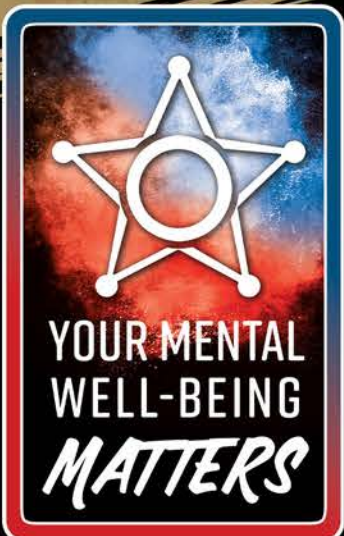




# SUPPORT FOR YOU AND YOUR FAMILY



**Public safety comes with unique personal challenges. The Employee Assistance Program offers you and your family no-cost, confidential counseling for personal concerns:**

- Stress
- Anxiety or depression
- Emotional exhaustion
- Traumatic incident response
- Loss or grief
- Relationships and family dynamics
- Separation or divorce
- Alcohol or substance use
- Conflict or anger management
- Financial challenges
- Other personal concerns

**Call: 800.550.6248 | Visit: [MCIT.AllOneHealth.com](https://www.MCIT.AllOneHealth.com).**

*You may request a counselor who has experience working with public safety.*



**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.