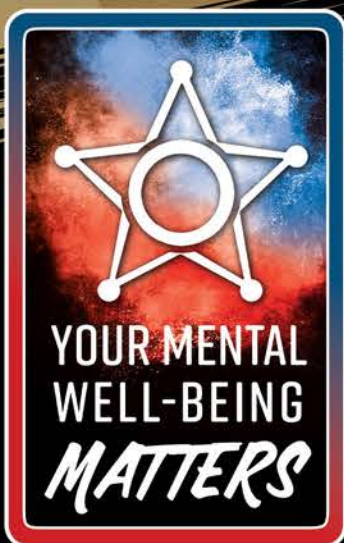


TAKE CARE OF YOURSELF SO YOU CAN HELP OTHERS



Confidential, no-cost support for public safety professionals and their families is available through the Employee Assistance Program.

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

Call for in-the-moment assistance.

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.