

TAKE CONTROL OF YOUR LIFE!



LEARN HOW TO DEFEAT YOUR PROBLEMS.

THE EMPLOYEE ASSISTANCE PROGRAM CAN HELP.

Connect with a counselor at 800.550.6248 or through MCIT.AllOneHealth.com.

The EAP can help you manage personal problems, whatever they are.

RELATIONSHIPS
CAREER CONCERNS

FAMILY ISSUES
STRESS

DEPRESSION
ANXIETY

FINANCIAL CONCERNS
LOSS OR GRIEF

SUBSTANCE ABUSE
OTHER PERSONAL CONCERNS



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

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