

# 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](http://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.