BREATHE EASIER



THE EMPLOYEE ASSISTANCE PROGRAM CAN HELP YOU FIND RELIEF

Connect with the EAP for Whatever Is Troubling You:
Call **800.550.6248** or Visit *MCIT.AllOneHealth.com*

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

MCIT
Minnesota Counties Intergovernmental Trust

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.