Find Balance



YOUR RESPONSIBILITIES DON'T HAVE TO BE AT ODDS

THE EMPLOYEE ASSISTANCE PROGRAM CAN HELP YOU ACHIEVE BALANCE

Connect with a Counselor or Consultant: Call **800.550.6248** or Visit *MCIT.AllOneHealth.com*

- Child care concerns
- Elder care
- Work-related challenges
- Stress
- Relationships
- Other life concerns

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.