Juggling Too Much?



THE EMPLOYEE ASSISTANCE PROGRAM CAN LEND A HELPING HAND

Call 800.550.6248, option 3 or Visit *MCIT.AllOneHealth.com* for No-cost Services

- **WORK-LIFE RESOURCES** and referrals for child care, elder care, adoption, housing, more
- **LEGAL REFERRALS*** for elder care, estate planning/wills, real estate, adoption, bankruptcy, divorce/custody
- **MEDICAL ADVOCACY** for interpreting coverage, navigating health care, securing medical equipment, planning for transitional care, more
- **PERSONAL ASSISTANT** provides information and referrals for home repair services, grocery/meal delivery, transportation, vehicle repair, more

*Legal referrals are limited to one referral per issue per year and are not available for employment law/work grievance 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.