EAP

Employee Assistance Program



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

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

MCIT
Minnesota Counties Intergovernmental Trust

Employee Information

What Is an EAP?

The Employee Assistance Program (EAP) is a risk management program designed to help employees identify and resolve challenges that may affect their personal life or performance at work. It is a voluntary program that can assist you (the employee), your spouse and dependents with difficult personal issues through access to professional counselors.



The EAP Is Here to Help You



"I am grateful for this program."

"The EAP provided me with practical ideas and information."



"I made it through a rough time as a result of my counselor's help."



It's Easy to Get Started: Call **800.550.6248** | Visit **MCIT.AllOneHealth.com**



EAP Counseling Is...

VOLUNTARY: You decide when to use the program's services.

CONFIDENTIAL: Your personal information will not be shared with your employer. Only you know when you call for assistance.

NO-COST: You, your spouse and your dependents are eligible for up to six counseling sessions for each identified issue at no-cost.

CONVENIENT: A broad network of licensed master's level counselors are available to meet in person, by phone or virtually, giving you, your spouse and dependents convenient access to a qualified counselor where and in a format that works for you.

What Does the EAP Do?

- Helps you find professional counseling support for personal concerns
- Offers six short-term counseling sessions for you, your spouse and your dependents at no cost
- Uses pre-approved network providers suited to meet your needs
- Assists in identifying long-term resources
- Provides referrals for long-term care

The EAP Offers Support for ...

- Relationships
- Work-related concerns
- Family issues
- Stress
- Depression
- Anxiety
- Financial concerns
- Loss and grief
- Substance use
- Other personal concerns

What the EAP Is Not

- An insurance program
- Part of an employee's health plan
- A long-term counseling alternative

Who Can Use the EAP?

EMPLOYEES AND THEIR DEPENDENTS*

As a full- or part-time employee of an MCIT public entity member, you, your spouse and your dependents are eligible for assistance through the MCIT EAP at any time. You are encouraged to contact the EAP for support with managing personal or professional concerns.

SUPERVISORS

Department heads, supervisors and managers may use the EAP services for:

- Consultation regarding work-related situations
- Supervisor consultation
- Advice to help employees

Phone consultation for supervisors are available 24 hours a day, every day.

Live, Immediate Assistance

Confidential, in-the-moment assistance is available by calling the EAP main number at **800.550.6248**.

*Dependents may include spouse, domestic partner, children, children who live with the other parent, children who attend college/post-secondary school, foster children, and anyone for whom you are the legal guardian.

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ALLONE HEALTH

Minnesota Counties Intergovernmental Trust (MCIT) has partnered with AllOne Health to provide professional counseling services to MCIT member employees like you.

FOR CONSULTATION OR COUNSELING SERVICES:

CALL: 800.550.6248

ONLINE: *MCIT.AllOneHealth.com*

EMPLOYEE ASSISTANCE PROGRAM PROVIDED BY:

Minnesota Counties Intergovernmental Trust

For more information about the EAP program (not for counseling services):

CALL 866.547.6516 | **VISIT** *MCIT.org*