

It's OK to Ask for Help



Everyone needs support at some point. When you need it, call the Employee Assistance Program.

The EAP offers confidential counseling with no judgment. Support is provided at no cost to you, your spouse and dependents.

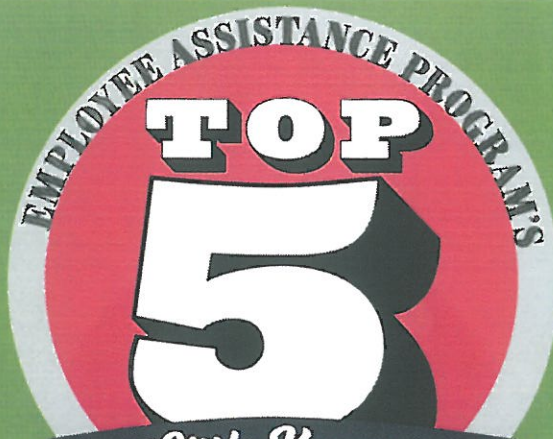
Contact the EAP Today
PHONE 1.800.550.6248
ONLINE SandCreekEAP.com



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



Employees, their spouses and dependents have access to no-cost counseling services statewide through their employment with an MCIT public entity member.



*Little Known
BUT
Powerful Features*

- 1 PARENT COACHING** for a variety of challenges
- 2 FINANCIAL COUNSELING** to develop a plan for your situation
- 3 DEPENDENTS ARE ELIGIBLE**, including spouse, domestic partner, children, children who live with the other parent, children at college/post-secondary school, foster children, anyone for whom you are the legal guardian
- 4 CHOICE OF WHERE AND HOW TO WORK WITH COUNSELORS**, such as in town, out of town or over the phone
- 5 SPECIALIZED SUPPORT** with a counselor who has a background specific to your circumstances

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

The EAP offers no-cost, confidential counseling for whatever your concern any time, any day.

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Employee Assistance Program

EMPLOYER PROMOTION GUIDE

Helping Employees Manage Personal, Professional Concerns

The MCIT Employee Assistance Program (EAP) is a risk management tool that provides employees and elected officials of MCIT members and their dependents access to a qualified counselor to assist in resolving personal issues that may affect performance at work.

This voluntary program provides short-term, no-cost counseling services for a variety of issues (see back page).

The EAP benefits both the individual and the organization. For example:

- 94 percent of EAP users in 2018 reported that as a direct result of the EAP services they received, they were able to do better at work.
- 91 percent of EAP users in 2018 felt better able to deal with the situation that led them to call for assistance.
- For 2015-2018, 46 people reported that the EAP gave them an alternative to filing a grievance or lawsuit.

Given these benefits, it is worthwhile for members to promote the service frequently to their employees and officials. MCIT provides a variety of materials and resources for members to use when marketing the EAP.

The EAP is simple to use. It is confidential. It helps.

