The EAP Is Here to Help You

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

"I was able to get in right away, so I could deal with my issues right away."

"My request for help was immediately addressed. I felt listened to and valued as a person."

"I am grateful for this program."

Employee Assistance Program Provided By

Minnesota Counties Intergovernmental Trust

TOLL-FREE
1.866.547.6516

FAX
651.209.6496

WEB
MCIT.org

MAIL
100 Empire Dr., Suite 100
Saint Paul, MN 55103-1885

EMPLOYEE INFORMATION

EAP

EMPLOYEE ASSISTANCE PROGRAM

No-cost, convenient and confidential counseling

Call 1.800.550.MCIT (6248)

Minnesota Counties Intergovernmental Trust (MCIT) has partnered with the Sand Creek Group Ltd. to provide professional counseling services to MCIT member employees like you. The Sand Creek Group is a privately held behavioral health care corporation headquartered in Stillwater, Minn. To learn more, visit the organization's website at SandCreekEAP.com.

Call1.800.550.MCIT (6248)

EAP Counseling Is...

CONVENIENT: With more than 550 counseling locations statewide, you have easy and timely access to a qualified counselor near where you work or live.

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

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

NO-COST: You and your dependents are eligible for up to four counseling sessions for each identified problem at no-cost.

What Does the EAP Do?

- Helps employees find professional assistance for personal problems
- Offers short-term counseling for employees and their dependents
- Uses pre-approved qualified counselors throughout Minnesota
- Assists in identifying long-term resources
- Provides referrals for long-term care

The EAP Program Offers Support for Many Issues

- Relationships
- Separation and divorce
- Depression
- Anxiety
- Financial problems
- Parent and child difficulties
- Job concerns
- Loss and grief
- Alcohol and substance abuse

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

All full- and part-time MCIT member employees and their dependents are eligible for assistance through the MCIT EAP at any time. Employees are encouraged to contact the EAP if their work performance is negatively affected as a result of personal problems.

SUPERVISORS

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

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

Other EAP Services

24-HOUR CRISIS LINE FOR EMERGENCIES:

A confidential crisis line is available by dialing the main number at 1.800.550.6248.

SUBSTANCE ABUSE ASSESSMENT SERVICES:

Consistent with Department of Transportation regulations