Employee Information

EMPLOYEE ASSISTANCE PROGRAM

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 four counseling sessions for each identified problem at no-cost.

CONVENIENT: Hundreds of counseling offices are available statewide and over the phone, so you, your spouse and dependents have easy and timely access to a qualified counselor where you choose.

What Is an EAP ...

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

What Does the EAP Do?

• Helps employees find professional assistance for personal problems
• Offers short-term counseling for you, your spouse and your dependents at no cost
• 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
• Work-related concerns
• Family issues
• Stress
• Depression
• Anxiety
• Financial problems
• Loss and grief
• Substance abuse
• Other personal concerns

Call 1.800.550.MCIT (6248) for counseling services

On-cost, convenient and confidential counseling
**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. Employees are encouraged to contact the EAP for support with managing personal or professional concerns.

*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.

**SUPERVISORS**

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

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

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

**24-hour Crisis Line for Emergencies**

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

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**What the EAP Is Not**

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

**The EAP Is Here to Help You**

“I made it through a rough time as a result of my counselor’s help.”

“My situation was taken seriously.”

“There was no judgement with calling.”

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

“I am grateful for this program.”

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

For consultation or counseling services: CALL 1.800.550.6248 ONLINE at SandCreekEAP.com

Employee Assistance Program Provided By
Minnesota Counties Intergovernmental Trust

For more information about the EAP program (not for counseling services):
CALL 1.866.547.6516 VISIT MCIT.org