

EAP

*Employee
Assistance
Program*



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

Connect with
a counselor at
1.800.550.6248
or through
SandCreekEAP.com.



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 impair their 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 coun-
selor’s help.”



It's Easy to Get Started: Call 1.800.550.6248



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 problem at no-cost.

CONVENIENT: Hundreds of counseling offices are available statewide to meet face to face, over the phone or via video conference, so you, your spouse and dependents have easy and timely access to a qualified counselor where and in a format you choose.

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 qualified counselors throughout Minnesota
- Assists in identifying long-term resources
- Provides referrals for long-term care

The EAP Offers Support for Many Issues

- Relationships
- Work-related concerns
- Family issues
- Stress
- Depression
- Anxiety
- Financial problems
- 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. Employees 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 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 EAP main number at **1.800.550.6248**.

*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.



Minnesota Counties Intergovernmental Trust



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 behavioral health care corporation based in Stillwater, Minn., and is an AllOne Health company.

FOR CONSULTATION OR COUNSELING SERVICES:

CALL: 1.800.550.6248

ONLINE: 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