

## Employee Information

# EMPLOYEE ASSISTANCE PROGRAM EAP



## EAP Counseling Is ...

No-cost, convenient and confidential counseling

**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.

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](http://SandCreekEAP.com).

### 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



Call 1.800.550.MCIT (6248)

# 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."

## 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



### Employee Assistance Program Contact Information

TOLL-FREE 1.800.550.MCIT (6248) WEB [SandCreekEAP.com/contact\\_us.aspx](http://SandCreekEAP.com/contact_us.aspx)

### General Minnesota Counties Intergovernmental Trust Contact Information

TOLL-FREE 1.866.547.6516 FAX 651.209.6496 WEB [MCIT.org](http://MCIT.org) MAIL 100 Empire Dr., Suite 100. Saint Paul, MN 55103-1885