

Our confidential resource and referrals are available at no cost to you. Services with referral sources are optional and fees may exist.

## GET HELP WITH:



Family Conflict



Couples/Relationships



Substance Abuse



Work/Life Balance



Stress



Depression/Anxiety



Grief



Parenting

# YOU HAVE ACCESS TO MENTAL HEALTH COUNSELING

*Short-term counseling by licensed, Master's-level counselors via phone, video, or face to face. Telephonic in-the-moment support available 24/7. Service available to household family members.*



## EVERYDAY ASSISTANCE:

An employee was experiencing increased anxiety related to grief and loss. The constant anxiety was interfering with their personal life and impacting their ability to focus on their work. The employee called the EAP for in-the-moment telephonic support from a counselor and was also set up with a local counselor specializing in anxiety for face-to-face counseling sessions.

**ACCESS  
VIA:**



<https://allonehealth.com/miia-eap/>



**1-800-451-1834**