



## **MIIA Employee Assistance Program (EAP)**

### **A Confidential Counseling and Referral Service**

**You receive 3 confidential in person or phone counseling sessions.**

- Manage Anxiety/Depression
- Adjust to Demands of Work
- Resolve Relationship Conflict
- Talk About a Loved One's Drinking
- Address Parenting and Family Issues
- Assess Your Level of Stress
- Become a Better Communicator

#### **You receive legal assistance.**

One free 30 minute office or telephone consultation per legal matter (does not include job-related legal issues).

- Divorce
- Child Custody
- Car Accidents
- Real Estate / Landlord / Tenant Issues

#### **You receive financial counseling.**

One free 30 minute telephone consultation per financial issue.

- Financial Planning
- Credit Card Debt
- Tax Advice
- College Planning
- Retirement Consultation

#### **Use the Smartphone App to request EAP services**

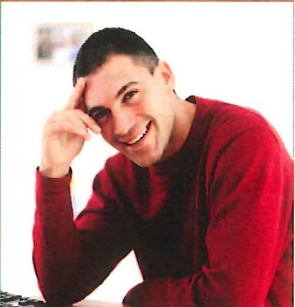
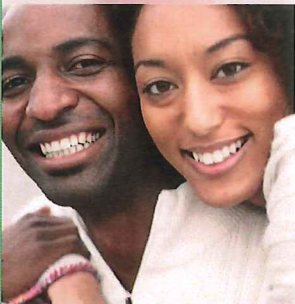
Go to Google Play or App Store, search for "MIIA EAP" and download the app.

Log in with your passcode: **miiaeap**

You can use the app to search for information or resources, and to contact the EAP for services.

**Available to employees, their dependents, and household members 24 hours a day, 7 days a week**

**800-451-1834**





# Feeling Stressed?

**Your Employee Assistance Program is Free,  
Confidential and Available 24/7**

Reducing Stress • Parenting and Family Issues • Work/Life Issues  
Adjusting to Demands at Work • Legal and Financial Issues • Anxiety and Depression

Personal and Professional Assistance for Issues Small and Large

1.800.451.1834

**ALL<sup>ONE</sup>**  
HEALTH RESOURCES

# Find balance.



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