Work or personal concerns? Talking with someone can help.

Counseling, assessment and referral is available at no cost to individual employees and family members for:

- Troubled relationships
- Grief and loss issues
- Chemical abuse/addictive behaviors
- Family care issues
- Mental health problems
- Legal or financial problems
- Difficulty balancing demands
- Personal problems that affect work performance
- Career/job stress issues
- Conflict with coworkers or supervisors
- Workplace crises

For confidential counseling or consultation call

651.259.3840
or
1.800.657.3719

http://www.mmb.state.mn.us/eap