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# Personal and Professional Assistance on Issues Large and Small

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

*A Confidential Counseling and Referral Service*

**You receive 3 confidential in-person 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  
Insurance Disputes

**You receive financial counseling:** one free 30-minute telephone consultation per financial issue.

Financial Planning  
Credit Card Debt  
Tax Advice  
College Planning  
Retirement Consultation

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

**800.451.1834**