

Introducing one of your most valuable benefits:

# We've been called a Lifesaver

For over 30 years, your MIIA Employee Assistance Program  
has served public safety departments

**MIIA** | MASSACHUSETTS  
BASED  
MEMBER  
DRIVEN

# When life happens, MIIA EAP is there for you and your loved ones.

## Job



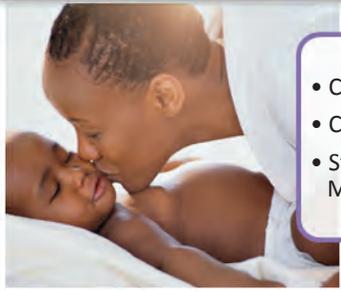
- Work-Life Balance
- Time Management
- Getting Along With Co-Workers

## Relationships



- Financial Planning
- Improving Communication
- Legal Assistance

## Newborn



- Child Care
- College Planning
- Stress Management

## Family Changes



- Estate Planning
- Elder Care
- Grief & Loss Support

**Call whenever, for whatever...**

**For information or services, call 24/7 at 800-451-1834 or download the mobile app from your app store by searching for “MIIA EAP”**

“It used to be easier for guys to draw support from one another, but they’re busier today and things are more complex. The EAP provides a go-to sounding board when you need to talk - I’ve used it for my own family matters.”

**Fire Chief**

“Shift work is tough on family life, especially when combined with what we do. The EAP helped me make the most of the time I have with my family. Now, when I’m home, things feel better.”

**Police Officer**

“I’d get home from work and would be up the whole night thinking about how we’d find the money for my daughter’s college. The EAP connected me to an expert who finally helped us map out the plan we needed.”

**Fire Lieutenant**



### **Common Public Safety-Related Concerns:**

- Managing job stress
- Coping with workplace conflict
- Balancing work and family
- Substance abuse awareness
- Finding time for self-care
- Dealing with the public

**We also offer free professional trainings, including:**

- *Managing Job-Related Fatigue*
- *I Pay Your Salary: Responding to Difficult Situations with Residents*
- *Expert Communication: Communication Skills for Working Effectively with Others*
- *Let's Face It: Coping with Workplace Conflict*

**Email your training request to [miiaeap@allonehealth.com](mailto:miiaeap@allonehealth.com)**

# **MIIA Employee Assistance Program**

**800-451-1834**

**Visit the MIIA EAP website @ [emiia.org](http://emiia.org)**