

Introducing one of your most valuable benefits:

We've been called a Lifesaver

For over 30 years, your MIIA
Employee Assistance Program
has served DPWs

MIIA | MASSACHUSETTS
BASED
MEMBER
DRIVEN

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

Job



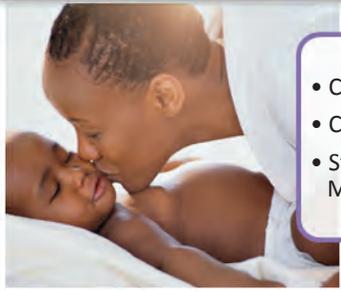
- Work-Life Balance
- Time Management
- Getting Along With Co-Workers

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”

“Despite some of what the public thinks, DPW employees don’t always have it so easy. They deal with a lot of angry residents, and it takes its toll. Some employees have shared with me that they’ve called the EAP to get help with all the stress they’ve been carrying around, and it has made a huge difference in their lives. I’ve seen the changes first hand.”

DPW Director

“My drinking started to get more out of control after my divorce. The EAP counselor helped me put the pieces of my life back together when I was at my lowest.”

DPW Employee

“I used the EAP when my son started getting into trouble at school. The counselor helped him talk about his difficulties transitioning to a new school. His negative behaviors have stopped – I’m certainly glad I made that call!”

DPW Employee



Common DPW-Related Concerns:

- Driver fatigue
- Bouncing back from winter
- Dealing with difficult residents
- Managing job frustrations
- Maintaining health and fitness
- Juggling family and work

We also offer free professional trainings, including:

- *Managing Driver Fatigue*
- *I Pay Your Salary: Responding to Difficult Situations with Residents*
- *Management 101: Management Training for the Newer Manager*

Email your training request to miiaeap@allonehealth.com

MIIA Employee Assistance Program

800-451-1834

Visit the MIIA EAP website @ emiia.org